# DietCloud – Recipe

**Recipe Name:** PALAK TOOVAR DAL

**Diet Type:**

**Course:** General Course

**Cuisine:** Indian

**Quantity:**



## Description

A comforting and wholesome Palak Toor Dal, a popular Indian lentil stew featuring protein-rich pigeon pea lentils (toor dal) simmered with vibrant fresh spinach (palak). This hearty dish is beautifully spiced with aromatic tempering and finished with fresh cilantro and a squeeze of lemon, making it an ideal accompaniment to steamed rice or roti.
[PROS]
- Excellent source of plant-based protein and dietary fiber, promoting satiety and digestive health.
- Rich in essential vitamins and minerals, especially iron and vitamins A and K from the spinach.
- Low in saturated fat and cholesterol-free, supporting cardiovascular health.
[CONS]
- Sodium content can be high if store-bought spices or high-sodium broths are used.
- Legumes and certain spices might cause digestive discomfort like bloating for some individuals.
[DIETITIAN REVIEW]
This Palak Toor Dal is a nutritional powerhouse, offering a complete plant-based protein profile when served with grains. The inclusion of spinach significantly boosts its vitamin and mineral content, making it an excellent choice for a balanced meal. It's a fantastic dish for those seeking a flavorful, nutrient-dense, and satisfying vegetarian option. Score: 9/10

## Ingredients

| Ingredient | Quantity |
|---|---|
| • Toor Dal (Split Pigeon Peas) | 1/4 cup |
| • Fresh Spinach (Palak)<br>• chopped | 1 cup |
| • Water | 2 cups (approx.) |
| • Ghee or Vegetable Oil | 1 tbsp |
| • Cumin Seeds | 1/2 tsp |
| • Asafoetida (Hing) | Pinch |
| • Onion<br>• finely chopped | 1/4 medium |

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- Ginger-Garlic Paste 1 tsp

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| • Green Chili<br>• slit or chopped | 1 (adjust to taste) |

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| • Tomato | 1/4 medium |
| • finely chopped | |

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- Turmeric Powder 1/4 tsp

- Red Chili Powder (optional) 1/4 tsp

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|---|---|
| • Salt | To taste |

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| • Fresh Coriander Leaves<br>• chopped | 1 tbsp (for garnish) |

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| • Lemon Juice | 1 tsp (for serving) |

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## Preparation

• 1.
• Wash the toor dal thoroughly and soak it in water for 15-20 minutes, then drain.
• 2.
• In a pressure cooker, combine the soaked dal with 1.
• 5 cups of water and 1/4 tsp of turmeric powder.
• Cook for 3-4 whistles until the dal is soft and mushy.
• Mash lightly with the back of a spoon if desired.
• 3.
• In a separate pan, heat ghee or oil over medium heat.
• Add cumin seeds and asafoetida, allowing them to splutter.
• 4.
• Add the finely chopped onion and sauté until it turns translucent.
• Stir in the ginger-garlic paste and green chili, cooking for another minute until fragrant.
• 5.
• Add the chopped tomato and cook until it softens and the oil begins to separate from the mixture.
• Stir in the red chili powder (if using) and cook for 30 seconds.
• 6.
• Add the washed and chopped spinach to the pan.
• Cook until the spinach wilts down, which should take about 2-3 minutes.
• 7.
• Pour the cooked dal into the pan with the spinach and tempering.
• Mix everything well and add more water if needed to achieve your desired consistency.
• Bring the dal to a gentle simmer.
• 8.
• Season with salt to taste, stirring well.
• Let the dal simmer for 5-7 minutes, allowing all the flavors to meld together.
• 9.
• Garnish generously with fresh chopped coriander leaves and a squeeze of fresh lemon juice just before serving.
• Serve hot with steamed rice or Indian bread.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|---|---|---|---|---|---|
| 370 | 22 | 60 | 10 | 10 | 5 |