

# Daal saag

## Ingredients

- 225g/8oz moong daal (yellow split lentils)
- 750ml/1pt 7fl oz water
- 2-3 tbsp sunflower or vegetable oil
- 1 tsp black mustard seeds
- ¼ tsp ground turmeric
- ¼ tsp ground cumin
- ¼ tsp asafoetida or fennel seeds
- 2 tbsp grated fresh ginger
- 2 green chillies, de-seeded and chopped
- 8 curry leaves
- 100g/3½ oz spinach
- 2 spring onions, trimmed and chopped

## Preparation method

1. Put the daal in a heavy-based saucepan, pour in 750ml/1pt 7fl oz water and bring to the boil. Reduce the heat then simmer for about one hour, or until the lentils are really soft.
2. Heat the oil in a large pan. Add the mustard seeds, turmeric, cumin, asafoetida or fennel seeds, ginger, chillies and curry leaves and fry for 2-3 minutes.
3. When the daal is cooked add to the pan and stir in the spinach and spring onions.
4. Heat for a further two minutes, season, then serve.



**less than 30 mins**

preparation time

**30 mins to 1 hour**

cooking time

**Serves 2**

**By Merrilees Parker**  
**From Full on Food**

*A really simple, but really good daal recipe. Make a big batch and freeze any leftovers.*

### **Top recipe tip**

To freeze: transfer to a freezerproof container and freeze for up to 3 months. Defrost thoroughly at room temperature, or in the fridge for 24 hours, then reheat until piping hot