



Uga
U S A G A E E A

Dhal curry

Ingredients

250 g	Red or yellow Dhal	05 g	Turmeric
20 g	Onions peeled	200 ml	Coconut cream
20 g	Garlic glove	03 gr	yellow curry powder
05 g	fresh green chili	03 tbsp.	Vegetable oil
05 g	curry leaves		Salt and pepper to taste

Method

1. Soak the Dhal lentils for at least 2 hours in cold water (ideally over night)
2. Heat the pan with oil and sauté the Onion, Garlic, green chili, curry powder, pandan leaves, turmeric and curry leaves until light golden color
3. Add the soaked lentils and some of the water until covered and cook till the lentils are al dente. Add the spinach and coconut milk and cook to finish
4. Adjust the seasoning