

Chana dal



Chana dal

For 5-6 servings:

400 g chana dal

$\frac{1}{2}$ kg green beans, cuted (optional)

2-3 bay leaves

3 tomatoes, finely chopped

1 teaspoon cumin seeds

1 teaspoon mustard seeds

chilli / chilli powder, to taste

1 tablespoon oil

salt

fresh coriander, finely chopped and/or hot pepper for garnish (optional)

Soak the chana dal in water for about 1 hour.

Wash the chana dal thoroughly and cook it in water, duple the volume of chana dal, along with the bay leaves. When the chana dal it's almost cooked add the green beans.

Heat the oil in a pan and add the mustard and cumin seeds. Fry for 2-3 minutes until they begin to pop. Add the tomatoes and the chilli. When the tomatoes have softened add them over chana dal, stir it well and cook for another 1-2 minutes.

Garnish with fresh coriander and/or hot peppers.

Serve with basmati rice /[biryani](#) and/or [naan bread](#) .