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# Ayurvedic toor daal (yellow lentils) with red palm oil

## Ingrediënten

- 2 cups yellow lentils (toor daal)
- 5 fresh tomatoes
- 3 tbsp red palm oil, extra virgin Amanprana
- 1 tbsp lemon juice

## Spices:

- 1 tsp turmeric
- 1 stick of cinnamon
- 3 cloves
- 1 tsp coriander seeds
- 1 tsp cumin seeds
- 1 tsp black mustard seeds
- 1 tbsp finely chopped fresh ginger
- 5 fresh curry leaves
- Fresh coriander
- Pepper and salt

## Extra info

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### Recept geschikt voor:

4 personen

### Moeilijkheid:

### Vorbereidingstijd:

minuten

### Bereidingstijd:

60 minuten

### Totale bereiding:

60 minuten

## Gebruikte producten

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De **Amanprana producten** die gebruikt zijn bij het maken van ayurvedic toor daal (yellow lentils) with red palm oil

## Bereiding

Soak the large yellow lentils overnight. Add water and bring to the boil with the turmeric, cinnamon, cloves, pepper and salt. Reduce the heat and leave to simmer for about 50 minutes. Cut the tomatoes into small chunks. Heat the palm oil in another pan and fry the coriander, cumin and mustard seeds, the ginger, curry leaves, pepper and finely chopped tomatoes. Mix the tomatoes with the lentils and finish with pepper, salt, fresh coriander and lemon juice. Curry leaves are aromatic leaves from Southern India. You can find them in Indian food stores. Recipe from the Ayurveda cookbook by Lies Ameeuw

## Speciale wensen

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- [Vegetarian](#)
- [Gluten free](#)
- [Vegan](#)
- [Ayurveda](#)
- [Lactose-free](#)