



Chana Dal with Prawns

Perfect joyful
Ayurvedic dish!

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 250g Chana dal (split chickpeas)
- 1 tps ground turmeric
- 1 tps ground cumin
- 1 tps chilli flakes
- 2 tbs olive oil (or ghee)
- 4 cardamom pods
- 1 tps ground cinnamon
- 1 tbs fresh root ginger, grated
- 1 large onion sliced
- 1 garlic clove chopped
- 2 tbs passata (or tomato puree)
- 250g cooked prawns
- salt, basil leaves, lemon wedge to serve

DIRECTIONS

1. Toast the dal in a heavy saucepan without oil until nutty aroma arises
2. Pour 700ml of water into saucepan with the dal and bring to boil
3. Reduce heat, add turmeric, cumin & chilli. Lid on and simmer for 20-30mins. Add water if necessary.
4. Put olive oil or ghee into frying pan. Add onions and cook until translucent (10mins).
5. Add crushed cardamom pods, cinnamon, ginger, garlic, passata & prawns. Cook for further 5 mins
6. Tip mixture into the pan of cooked dal & stir.
7. Add salt, basil & lemon to taste.
8. Serve with rice, bread or have as it is.

Note: In Indian cuisine, ghee and coriander are traditionally used, but residing in Italy, I've adapted this recipe by opting for locally sourced olive oil, basil & passata. Embracing locally grown and seasonal ingredients aligns with the principles of Ayurveda. Adjust according to your location.