SRI LANKAN · LUNCH · DINNER · SIDE

Sri Lankan Dhal Curry (Parippu)

30 min · Serves 4 · 320 kcal a serve · Video 6:39 · island smile

Vegan · Gluten-free ingredients · Nut-free

Red lentils cook in about 12 minutes and give each serve about 12 g of protein and 6 g of fibre, and make it rich in folate and iron. Coconut milk gives the Sri Lankan creaminess without dairy.

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Ingredients 14 · SERVES 4

- [ ] 1 cup **red lentils** (masoor dhal), washed
- [ ] ½ cup **water** (a little more if the lentils need it)
- [ ] 1 large **onion**, thinly sliced (half for the dhal, half for the tempering)
- [ ] 4 **garlic** cloves, thinly sliced (half and half)
- [ ] 1–2 **green chillies**, halved
- [ ] 1 sprig of **curry leaves** (half and half)
- [ ] 1 tsp **turmeric powder** (half and half)
- [ ] 1 tsp **salt**, or to taste
- [ ] ½ cup **thick coconut milk** (up to 1 cup)
- [ ] 3 tbsp **oil** (coconut or vegetable), for the tempering
- [ ] 1 tsp **red chilli flakes**
- [ ] ½ tsp **red chilli powder**
- [ ] 2 whole **dried red chillies** (optional)
- [ ] 1 tsp **mustard seeds**

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Slice the onion, garlic and green chillies. Set aside half of the onion, garlic, curry leaves and turmeric for the tempering. 1:46
2. Wash the lentils well and put them in a pan with ½ cup water, the green chillies and the other half of the onion, garlic, curry leaves and turmeric. Cook on medium for 10–12 minutes until soft. 2:22
3. Pour in the coconut milk, season with salt and cook on low for at least 3 minutes. Set aside. 3:29
4. For the tempering, heat the oil in a frying pan and sauté the reserved onion, garlic, curry leaves and turmeric on low-medium for about a minute, until the onion turns golden. 4:11
5. Add the chilli powder, chilli flakes and whole dried chillies for 10–12 seconds, then the mustard seeds for another 15 seconds. 4:33
6. Put the dhal back on the heat and stir in the tempering gradually, swirling a spoonful of dhal around the frying pan to collect every bit. Taste for salt and serve warm. 5:06

> **Tip** Serve with rice. Add up to ½ cup more water if the lentils stick, or up to 1 cup of coconut milk. Keeps 2 days in the fridge; to freeze (2 weeks), freeze before adding the coconut milk and add it with the tempering when reheating.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
320 kcal	12 g	32 g	6.5 g	17 g	590 mg
1,340 kJ	25% of a day	25 g net · 4.5 g sugars	23% of a day	6.6 g saturated	26% of a day
		12% of a day		22% of a day	

Energy from net carbs 33% · protein 16% · fat 51%

High in (20%+ of a day) Omega-3 62% · Folate 49% · Iron 29%

Source of (10–19%) Vitamin B6 19% · Zinc 17% · Vitamin E 16% · Magnesium 14% · Potassium 13% · Vitamin C 10% · Vitamin K 10% · Selenium 10%

Recipe and video: island smile (@islandsmile4902) on YouTube — youtube.com/watch?v=7vNIHOKnK8I, published 15 February 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sri-lankan-dhal-curry-parippu