

# YELLOW SPLIT PEA ZUCCHINI DAHL

*Recipe and notes from Swati dasi*



**Servings:** Approx. 4-6 people

**Time:** 50 minutes

## INGREDIENTS

- 2 cups yellow split pea dahl
- 6 cups water
- 2 medium zucchinis lightly peeled and cut into 1-inch chunks
- 3 tomatoes cut into dices (discard seeds and pulp)
- 1 green chili & 1-inch ginger (chopped finely together)
- 2 teaspoons panch phoron (spice blend)
- 3/4 teaspoon turmeric powder
- 1/4 teaspoon hing (asafoetida)
- 1 teaspoon salt (adjust to taste)
- 1 handful cilantro roughly chopped

## PREPARATION

1. After washing, add the yellow split peas, water and salt in a large pot and bring to a boil on high heat.
2. Turn heat down to medium-low and allow to simmer for 45 minutes without the lid until very soft. You will need to skim off the froth a couple of times. When cooled a little, blend smoothly using electric blender or hand whisk (add more water if necessary).
3. In a frypan/skillet over med-high heat, add 1-2 tablespoons ghee. Fry chilies and ginger until they just start browning on the edges and then add panch phoron spice blend.
4. When spices sputter (mustard seeds will turn grey), add hing, then the tomatoes. Stir for a minute or two, then add turmeric.
5. Add chunks of zucchini, cover with a lid and cook until just soft.
6. Transfer the cooked zucchini and tomatoes into the smooth dal mixture and stir in gently, then add cilantro.
7. Note: As the dal cools down, it will thicken up considerably, so add more water and a little more salt if desired.