

# MÆEL

## dhal with sweet potato leaves & tomatoes - laffa & masala chai

### INGREDIENTS:

2 Tbsp. olive oil  
1 large red onion, chopped  
4 cloves garlic, minced  
2-inch piece of fresh ginger, peeled and grated  
1 jalapeño, finely sliced (seeded - optional)  
1 tsp. cumin seeds  
1/2 tsp. ground coriander  
1/2 tsp. ground turmeric  
Pinch of asafetida  
1/2 tsp. salt  
1 cup red lentils  
3/4 lb. tomatoes, chopped  
4 cups water  
1/2 lb. sweet potato greens, roughly chopped

### FOR SERVING:

Cooked basmati rice, warm laffa (or naan),  
plain yogurt, handful of fresh cilantro/parsley/mint  
(chopped), 1 lime cut into wedges

1. *Prepare the rice:* Bring 1 cup rice, 1 3/4 cup water, and a pinch of salt to a boil. Cover pot, reduce heat to low and cook without lifting lid until rice is done (15 minutes). Let stand, covered, for 5 minutes.

2. Heat the oil in a large lidded pan over medium heat. Add the onion, garlic, ginger, and chile, and cook, stirring often, for about 10 minutes or until the onions have softened. Add the cumin, coriander, turmeric, asafetida, and salt. Stir and cook for 2 minutes, or until fragrant.

3. Stir the lentils, tomatoes, and water into the onion/spice mixture and bring to a boil. Cover, reduce the heat to a slow simmer, and cook for about 20 minutes, or until the lentils are soft and thick, stirring often to prevent them from sticking to the bottom of the pan.

4. Fold in the greens and cook for 3-5 minutes, or until wilted. Adjust the seasoning, then serve with basmati rice and warm laffa (or naan). Top each serving with a generous spoonful of yogurt, scatter lavishly with the chopped herbs, and pass around the citrus wedges for everyone to squeeze over their dishes.

Drink pairing: Firepot Masala Chai