Red Lentil Dal for Everyday Strength

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This is the kind of meal that earns a permanent spot in your rotation.

Dal is deeply nourishing, fast to make, and endlessly adaptable. Red lentils deliver steady energy, plant protein, and fiber that supports metabolic and gut health. Turmeric brings warmth and anti-inflammatory benefits, while simple spices add depth without complication.

Add a squeeze of lime at the end to brighten and a handful of greens stirred in for extra micronutrients. Comfort food, upgraded.

Why it belongs on your plate

- **Protein and fiber** for blood sugar stability
- **Anti-inflammatory spices** that also add deep flavor and aroma
- **Soft, warm textures** that support digestion and nervous system
- **Ready in under 20 minutes**, start to finish

Ingredients

Serves 4

- 2 cloves garlic minced
- 1 thumb-sized piece of ginger, minced

- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon curry powder
- 1/2 teaspoon paprika
- Pinch of chili flakes, to taste (optional)
- 2 tablespoons tomato paste
- 1 cup red lentils
- 1 1/4 cups canned coconut milk
- 1 1/4 cups water
- Salt to taste
- Juice of half a lime
- Dash of oil for sautéing (olive or avocado)
- Fresh cilantro, lime wedges, and naan for serving

Instructions:

1. Sauté the aromatics
Heat a little oil in a medium saucepan over medium heat. Add the garlic and ginger and sauté until fragrant, about 1 minute.

2. Toast the spices and lentils
Add the cumin, coriander, curry powder, paprika, and chili if using. Stir for 30 seconds until fragrant. Add the tomato paste and stir to combine. Add the lentils and stir briefly to coat in the spices.

3. Simmer with coconut milk

Pour in the coconut milk and water. Stir well, season with salt, and bring to a boil. Reduce heat to medium-low, cover, and simmer for 15 to 20 minutes, stirring occasionally, until the lentils have broken down into a creamy texture.

4. Finish and brighten

Stir in the lime juice and taste for seasoning. Serve topped with fresh cilantro and lime wedges, with warm naan alongside.

Make It Yours

- Add chopped spinach to add color and nutrients
- Top with yogurt or avocado raita for creaminess
- Spoon leftovers over roasted vegetables the next day. The flavor only deepens.

This is low-effort nourishment that supports long-term energy, digestion, and resilience. Exactly the kind of everyday meal that quietly adds up over time.

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