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## Methi Dal (Fenugreek Leaves Dal)

By [DK](#) on Apr 01, 2013



When the time is short or when I am not really motivated to cook, I rely on dals to come to my rescue. They are so versatile that you can give them a new "makeover" every time you dish out something with lentils. Believe you me, there was a time when I made 30 different dals for a whole month for dinner and we still enjoyed it without being bored. Now, why would I cook that way is for another post :)



This is yet another of simplest dal recipes that you would find in a typical Indian household. Quick to put together, protein rich, has the greens and has

just few ingredients. Its up to you to make it as elaborate (adding more vegetables, spices, multiple lentils etc) or as simple (just pressure cook the whole thing and add sauteed greens towards the end) as you like. Its that versatile and easy to adapt.

#### References

my kitchen notes

#### Basic Information

Prep Time: Under 15 min

Cook Time: Under 15 min

Serves: 3 people

Yield: Serves 2-3 people

#### Ingredients

- 1 cup Pigeon Peas (Toor Dal), see **Tips**
- 1/2 tsp Turmeric
- 2 cups (abt 120 grams) fresh Fenugreek (Methi) Leaves, see **Tips**
- 1 tsp Cumin seeds
- 1 med-large Onion, chopped
- 2 large Tomatoes, chopped
- Fresh Lemon Juice, to taste
- Salt and Pepper to taste

#### Tips

**1. Pigeon Peas:** You can use any kind of lentils for this recipe. My another favorite way to make this Methi dal is with Red Lentils (Masoor Dal) which I love.

**2. Fenugreek Leaves:** Depending on the bitterness of the leaves and your personal preference you can use upto 3 cups. Usually cooking it reduces the bitterness and is especially not at all prominent when cooked with lentils.

#### Method

1

Cook the pigeon peas in 2-1/2 cups water along with turmeric until soft.



2

I usually do this using my pressure cooker which takes around 8- min (3 whistles).



3

Chop off the stems and pick the fenugreek leaves. Wash them well. They are excellent hoarders of dirt. Give it a rough chop and set aside.



4

Heat a skillet/saucepan and when hot, add 2 tsp of oil. Add in the cumin seeds. When it starts spluttering, add the onion along with salt.



5

When soft, add the tomatoes and give it a quick stir. Cook for another 2 min or until the tomatoes are soft.



6

Add the fenugreek (methi) leaves and cook for 2-3 minutes



7

or until you find the leaves reduced in volume





8

Add the cooked lentils (dal) to this mixture.



9

Stir and add more water if thick - adjust to your desired consistency. Reduce the heat and season with pepper and lemon juice.



Serve warm with Indian flatbreads (roti/phulka/naan) and/or steamed rice. A light drizzle of ghee, trust me, makes this even more nourishing :)