



Ingrédients :

- 2 tablespoon of oil
- 1 tablespoon of garam masala
- 1 tablespoon of curry
- salt, pepper
- 2 onions
- 1 clove garlic
- 1 cup of lentils and 3 cups water
- 4 potatoes
- 1 cup rice and 2 ½ cups water
- 1 tablespoon of soy sauce
- 200g sak (spinach or sorrel)
- 1 tablespoon grated fresh ginger
- 1 cup peas
- 2 tomatoes
- 1 yogurt
- achar (vegetable chili condiments)
- papads (crispy pancakes or chapatis)

Préparation :

Daal - Lentils

Wash and rinse the lentils until the water runs clear.

Fry 1 chopped onion, minced garlic, pepper, salt and garam masala in a few minutes oil. Add lentils and cook in water. Cover and cook until lentils become pasty. give the blender for a bit of material to thicken. Add water up to obtain the desired consistency.

Bhaat - Rice

Put the rice in water with salt, bring to boil and then keep on low heat until completely absorbed water.

Tarkari - vegetable curry

Cook the chopped onions, minced garlic, pepper, salt and curry a few minutes in oil. Add the potatoes, peeled and cut into pieces and fry a little. Add water until level three quarters and cook, then add the peas, chopped tomatoes and soy sauce.

Sak - Greenery

Cook minced garlic and 1 onion. Cook spinach with ginger.

Hatle khane – Service

Serve everything on a plate separating each element in embellishing a papad (Nepalese bread, chapatis) and some achar. The top is to have a small dish with fresh yogurt and more.

Astuces : One can make the daal with beans or a mixture of both. You can add a precooked meat such as pork, lamb or beef in the vegetable curry.