

Ingredients

150g- ½ cup Red lentils
500ml Water
½ tsp salt
½ tsp turmeric powder
5 tablespoons Ghee
½ inch cassia stick or cinnamon stick
4 cloves
½ tsp mustard seeds
½ tsp cumin seeds
10-15 fresh curry leaves
1 tsp ginger paste
1 tsp garlic paste
3-4 tomatoes, chopped
1 tsp salt
½ tsp cumin powder
½ tsp coriander powder
½ tsp turmeric powder
½ tsp Kashmiri chilli powder

To Finish

50g Chopped/ Shredded Kale
200ml coconut milk
1 tsp Palm sugar or jaggery
1 tbsp lime juice
Coconut Chips or desiccated coconut