Sri Lankan Dhal Curry (Parippu) Recipe

Ingredients:

- 1 cup red lentils (masoor dhal)
- 1 ½ cups water
- ½ teaspoon turmeric powder
- ½ teaspoon salt (or to taste)
- 1 cup thick coconut milk
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 2 green chilies, sliced
- 1 sprig curry leaves
- ½ teaspoon mustard seeds
- ½ teaspoon cumin seeds
- ½ teaspoon chili powder (optional)
- 1 small cinnamon stick
- 1 medium tomato, chopped
- 1 tablespoon coconut oil
- 1 teaspoon lime juice (optional)

Instructions:

1. Rinse the red lentils thoroughly in water until the water runs clear.

2. In a saucepan, add lentils, turmeric powder, salt, and water.

3. Cook on medium heat until the lentils are soft and slightly mushy (about 15-20 minutes).

4. In a separate pan, heat coconut oil over medium heat.

5. Add mustard seeds and let them splutter. Then, add cumin seeds, onions, garlic, green chilies, curry leaves, and cinnamon stick.

6. Sauté until the onions turn golden brown. Add the chopped tomatoes and cook until they soften.

7. Add the cooked lentils to the pan with the tempered spices. Stir well.

8. Pour in the thick coconut milk and let it simmer for 5 minutes on low heat.

9. Adjust salt and add chili powder if needed.

10. Remove from heat and add a squeeze of lime juice (optional).

11. Serve hot with steamed rice, roti, or string hoppers.