Throw in these add-ins to make it heartier:

* Add in a handful of spinach, okra, or a few sticks of saijan (moringa)
* Use different peppers to flavor the dhal
* Use a combination of green and yellow split peas
* For a chunkier/thicker dhal let dhal simmer down until it heavily coats the back of a spoon
* Dhal may be cooked in pressure cooker or instant pot. For pressure cooker, about 5-6 cups of water should suffice. If dhal is too thick, add boiling water and stir to combine.
* Dhal is typically *chunkayed* after boiling. My father actually prefers dhal without this part done, he says it causes heartburn. Hey, people like what they like. If you also choose to leave this step out, the dhal will still taste great!

**Prep Time:**5 minutes

**Cook Time:**1 hour

**Serving Size:**4-6

**Ingredients**

* 3 tbsp canola oil
* 1-2 wiri wiri peppers
* 3 cloves garlic
* 1/2 yellow onion, chopped
* 1 cup yellow split peas, rinsed
* 1/4 heaping tsp garam masala
* 1/2 heaping tsp turmeric
* 1/2 heaping tsp curry powder
* 1 1/2 tsp salt
* 1/4 cup diced tomato
* 7 cups water, boiling

**Chunkay**

* 1 garlic clove, sliced
* 1/2 tsp whole cumin seeds (geera)
* 3 tbsp canola oil

**Instructions**

1. In a heavy bottomed pot, heat 3 tbsp oil. Add onion, garlic, and pepper. Saute until fragrant. Add split peas and spices. Saute 6-7 minutes until spices have dried onto peas.
2. Pour boiling water over peas, add tomatoes and salt. Let dhal boil 30-40 minutes. Once peas are cooked through, use a dhal ghutney or swizzle stick to smooth mixture out. An immersion blender may be used in place. Remove from heat once desired thickness is reached.
3. Prepare to chunkay dhal by heating oil in a small saucepan. Add whole cumin seeds and fry until light brown. Add sliced garlic. Fry until garlic is dark brown. Remove from heat and immediate add to dhal. Make sure to cover the pot of dhal while adding the garlic/cumin layer or it will splatter.
4. Dhal will thicken once cooled