



Savory Mung Dal Breakfast Bowl with Greens

If mornings feel heavy, foggy, or sluggish, especially during Kapha season, this warm, savory mung dal breakfast can help rekindle digestive fire without feeling intense or restrictive.

Servings: 3-4

Preparation Time: 35-40 minutes

Ingredients



For the mung dal:

- 1 cup **yellow mung dal** (split, hulled)
- 3 cups water
- 1 teaspoon grated fresh ginger
- ½ teaspoon **ground turmeric**
- ½ teaspoon **ground cumin**
- ½ teaspoon **ground coriander**
- ¼ teaspoon **black pepper**
- Pinch of **hing**
- ½-¾ teaspoon **Himalayan pink salt** (to taste)

For the tempering (tadka):

- 1-2 teaspoons **ghee** (make your own **ghee**) or **coconut oil** (use less for Kapha)
- 1 teaspoon **black mustard seeds**
- ½ teaspoon **cumin seeds**
- Pinch **red chili flakes** (optional, for extra stimulation)

Savory Mung Dal Breakfast Bowl with Greens (Cont.)



Ingredients (Cont.)

For the greens:

- 2 cups chopped kale *or* 2 large handfuls arugula
- Squeeze of fresh lemon juice

Optional toppings:

- Fresh cilantro
- Toasted **unsalted pumpkin seeds**
- Extra black pepper

Instructions

- **Rinse the mung dal** thoroughly under cool water until the water runs mostly clear. If mung dal makes you gassy, soak overnight.
- **Cook the dal:** In a medium saucepan, combine mung dal, water, ginger, turmeric, ground cumin, coriander, black pepper, hing, and salt. Bring to a boil, then reduce to a gentle simmer. Cover partially and cook for 20–25 minutes, or until soft and slightly creamy. Stir occasionally and add a splash of hot water if needed.
- **Prepare the tadka (tempering):** In a small skillet over medium heat, warm the ghee or coconut oil. Add mustard seeds and allow them to pop. Add cumin seeds and chili flakes (if using) and sauté for 20–30 seconds until fragrant. Remove from heat.

Savory Mung Dal Breakfast Bowl with Greens (Cont.)



Instructions (Cont.)

- **Sauté the greens:** If using kale, lightly sauté it in the same pan as the tadka for 2-3 minutes until just tender to make it more digestible (be careful to not burn the spices). If using arugula, simply toss it fresh into the hot dal to gently wilt.
- **Assemble:** Stir the tempering into the cooked mung dal. Fold in the greens and finish with a squeeze of lemon juice.
- **Serve warm.** Top with cilantro, pumpkin seeds, and extra black pepper if desired.

While warming, this is excellent for all types during the damp spring months. Use caution for Pitta types, as the heating spices may be aggravating for Pitta.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

