



Gujarati Dal Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- Cup Arhar Dal
- Cups Water
- 1/4 1/4 Teaspoon Methi Seeds
- Teaspoon Turmeric Powder
- Teaspoon Dry red chillies (cut into 2 parts)
- Teaspoon Coriander Powder
- Teaspoon Cumin Powder
- Pinch Salt (To Taste)
- Tablespoons Jaggery
- Tablespoon Peanuts (Coarsely ground)
- Tablespoon Oil
- Teaspoon Mustard Seeds
- 1/2 1/2 Teaspoon Cumin Seeds
- 1/2 1/2 Teaspoon Asafoetida (1 Pinch)
- Curry leaves (chopped)
- Green Chillies (Chopped)
- Tomato (Small, Chopped)
- Tablespoon Coriander Leaves (Chopped)
- Tablespoon Lemon Juice

Instruction

1. Prepare ingredients as mentioned in the list.
2. Wash the dal and pressure cook with 4 cups water and fenugreek seeds for 3-4 whistles.
3. Blend boiled dal with the help of blender along with red chilli powder, turmeric powder, coriander powder, cumin powder and salt. Add jaggery and peanuts and simmer for 5 min.
4. Heat oil in a karahi, add mustard seeds and cumin seeds. When they start to splutter, add asafoetida, green chillies, curry leaves and finely chopped tomato sauté till tomatoes soften and are well cooked. Add this to the boiling dal.
5. Add MAGGI Masala-ae-Magic and simmer dal for a few minutes. Remove from heat and add lemon juice and coriander leaves. Serve hot with rotis or rice.

Nutrition

Carbohydrates	27.25 g
Energy	275.05 kcal
Fats	6.01 g
Protein	8.28 g

40 Minutes

4 Servings