



Dal Shorba Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic
- Cup Arhar Dal
- Cups Hot Water
- 1/4 1/4 Teaspoon Fenugreek Seeds
- Teaspoon Turmeric Powder
- Teaspoon Dry Red Chillies
- Teaspoon Coriander Powder
- Teaspoon Cumin Powder
- Pinch Salt
- Tablespoons Jaggery
- Tablespoon Roasted Peanuts
- Tablespoon Oil
- Teaspoon Mustard Seeds
- Teaspoon Cumin Seeds
- 1/2 1/2 Teaspoon Hing (Asafoetida)
- Curry Leaves
- Green Chillies (Slit)
- Tomato (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 asafetida, 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.
6. Remove from heat and mash the dal completely. Add milk, lemon juice and coriander leaves. Mix well. Heat the ghee and add the jeera, When it splutters pour over the Dal Shorba.
7. Garnish with chopped coriander leaves. Serve hot.

Nutrition

Carbohydrates	18.24 g
Energy	183.99 kcal
Fats	4.05 g
Protein	5.55 g

46 Minutes

6 Servings