



Sambhar Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- Cup Arhar Dal
- 1/2 1/2 Teaspoon Turmeric Powder
- Cups Water
- gms Tamarind
- 1/4 1/4 Teaspoon Hing (Asafoetida)
- Tablespoons Salt (To Taste)
- Tablespoon Red Chilli Powder
- Green Chillies (Chopped)
- gms Shallots
- Tomato (Medium, Chopped)
- Drumstick
- Tablespoons Ghee
- Teaspoon Mustard Seeds
- 1/2 1/2 Teaspoon Sabut Urad Dal
- Teaspoon Methi Seeds
- Red Chilli Flakes
- Coriander Leaves (Chopped)
- Cloves Garlic (Chopped)
- Tablespoons Sambhar Masala Powder
- Tablespoons Coriander Leaves (Chopped)

Instruction

1. Prepare ingredients as mentioned in the list.
2. Wash and pressure cook the dal with 1½ cups of water and turmeric powder for one whistle. Keep aside.
3. Soak tamarind in 1 cup of water, make a pulp and strain. To this add asafetida, salt, red chilli powder, green chillies, onions, tomatoes and drumstick. Mix well, add to the cooked dal and cook for 1 whistle.
4. Heat ghee in a karahi add the mustard seeds and when they splutter add urad dal, methi seeds, red chilli, crushed garlic and curry leaves. Sauté for a minute, add sambhar powder, mix well. Add this seasoning to the cooked dal and vegetables, mix well.
5. Add 1½ cups of water and MAGGI Masala-ae-Magic, bring it to boil and simmer for 2-3 minutes.
6. Garnish with chopped coriander leaves. Serve hot with steamed rice.

Nutrition

Carbohydrates	30.57 g
Energy	212.04 kcal
Fats	7.41 g
Protein	8.36 g

51 Minutes

5 Servings