



## Sindhi Chana Dal With Palak Sai Bhaji Recipe

### Ingredients

- Sachet MAGGI Masala-ae-Magic
- Cup Chana Dal (150 g)
- Cups Water
- Tablespoons Oil
- 1/4 1/4 Teaspoon Asafoetida (1 Pinch)
- Ginger
- Cloves Garlic
- Green Chillies (Chopped)
- Onion (Chopped)
- Tomato (Chopped)
- Carrot (Grated)
- Brinjal
- Potato (Boiled and grated)
- Teaspoon Red Chilli Powder
- 1/2 1/2 Teaspoon Turmeric Powder
- Teaspoon Coriander Powder
- Pinch Salt (To Taste)
- gms Spinach
- Tablespoons Kasuri Methi
- Tablespoons Dill Leaves
- Tablespoon Ghee

### Instruction

1. Prepare ingredients as mentioned in the list.
2. Wash and soak chana dal in water for 30 minutes. Heat oil in a pressure cooker, add asafoetida, ginger, garlic and green chillies. Sauté for 2-3 minutes, add onion and sauté till golden brown. Add tomato and let it cook till tomatoes soften.
3. Add carrot, brinjal and potato, mix well. Add chana dal, red chilli powder, turmeric powder, coriander powder and salt to taste. Mix well and add spinach leaves, then add fenugreek leaves and dill leaves (if using). Add 1 cup water and MAGGI Masala-ae-Magic, pressure cook for 3-4 whistles.
4. When done, allow to cool. Then open the cooker, mix well and lightly mash the dal and vegetables together.
5. Add ghee and serve hot with steamed rice or Sindhi Bhuga Chaval.

### Nutrition

Carbohydrates	22.29 g
Energy	182.04 kcal
Fats	8.7 g
Protein	5.31 g

47 Minutes

6 Servings