



Sindhi Chana Dal With Palak-Sai Bhaji Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic
- 1/3 1/3 Cups Chana Dal
- Tablespoon Oil
- 1/4 1/4 Teaspoon Hing (Asafoetida)
- gms Ginger
- Cloves Garlic (Chopped)
- Green Chillies
- 1/2 1/2 Onion (Chopped)
- Tomato (Chopped)
- 1/2 1/2 Carrot (Cut Into Thin Juliennes)
- Brinjal
- Teaspoon Red Chilli Powder
- 1/2 1/2 Teaspoon Turmeric Powder
- Teaspoon Coriander Powder
- gms Spinach (Chopped)
- Tablespoons Fenugreek Leaves
- Tablespoons Dill Leaves
- Cups Hot Water
- Teaspoon Ghee
- Pinch Salt

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 asafetida, 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 3 cups 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. Add ghee and mix.
5. Serve hot with steamed brown rice or Sindhi Bhuga Chaval.

Nutrition

Carbohydrates	21.87 g
Energy	169.63 kcal
Fats	6.77 g
Protein	6.89 g

47 Minutes

4 Servings