



Tomato Pappu Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- Cup Arhar Dal
- 1/2 1/2 Cups Water
- 1/2 1/2 Teaspoon Turmeric Powder
- Tomato (Medium, Chopped)
- gms Tamarind
- Pinch Salt (To Taste)
- Tablespoon Oil
- Teaspoon Mustard Seeds
- 1/2 1/2 Teaspoon Cumin Seeds
- Cloves Garlic (Chopped)
- Onion
- Dry Red Chillies
- Curry Leaves
- Tablespoons Coriander Leaves (Chopped)

Instruction

1. Prepare ingredients as mentioned in the list.
2. Wash the dal and pressure cook with 2½ cup water, turmeric powder, tomatoes and tamarind for 3 whistles. Mash the dal and add salt as per taste.
3. Heat oil in a karahi, add mustard seeds and cumin seeds and allow it to splutter. Add mashed garlic, onion, dry red chillies and curry leaves. Cook till the onion turns pink and mixture is aromatic.
4. Add the above seasoning and MAGGI Masala-ae-Magic to cooked and mashed dal. Add some hot water if too thick to get desired consistency. Simmer for a few minutes.
5. Add salt if required and garnish with coriander leaves. Serve hot with steamed rice.

Nutrition

Carbohydrates	29.83 g
Energy	193.84 kcal
Fats	4.93 g
Protein	8.54 g

42 Minutes

4 Servings