



Lauki Tomato Dal 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)
- Cups Lauki (Cut into Squares)
- 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, lauki and tamarind for 3 whistles. Add salt to taste.
3. Heat oil in a karahi, add mustard seeds and cumin seeds and allow it to splutter. Add 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 dal. Add some hot water if too thick to get desired consistency. Simmer for 2 minutes.
5. Garnish with coriander leaves. Serve hot with steamed rice.

Nutrition

Carbohydrates	24.76 g
Energy	160.24 kcal
Fats	4 g
Protein	7.03 g

42 Minutes

5 Servings