



Ingredients

- 1 Sachet MAGGI Masala-ae-Magic
- 1.33 Cups Arhar Dal
- 0.5 Teaspoon Turmeric Powder
- 4.5 Cups Water
- 20 gms Thick Tamarind Pulp
- 0.25 Teaspoon Hing (Asafoetida)
- 1 Teaspoon Red Chilli Powder
- 3 Green Chillies (Slit)
- 100 gms Shallots
- 1 Tomato
- 2 Drumstick
- 40 gms Okra
- 2 Tablespoons Oil
- 1 Teaspoon Mustard Seeds
- 1 Teaspoon Urad Dal
- 1 Teaspoon Fenugreek Seeds
- 2 Dry Red Chillies
- 10 Curry Leaves
- 4 Cloves Garlic
- 1 Tablespoon Sambhar Masala Powder
- 1 Pinch Salt (To Taste)
- 1 Tablespoon Coriander Leaves (Chopped)

Zubereitung

1. Prepare ingredients as mentioned in the list.
2. Wash and cook the dal with 2 cups water and turmeric powder for one whistle. Keep aside.
3. Soak tamarind with 1 cup water, make a pulp and strain. To this add asafoetida, red chilli powder, green chillies, onion, tomatoes, drumsticks and ladyfinger. Mix well, add to the cooked dal and cook for 1 whistle.
4. Heat oil in a karahi, add the mustard seeds and when they splutter add, urad dal, fenugreek seeds, dry red chillies, crushed garlic and curry leaves. Saute for a minute, add sambhar powder, mix well.
5. Add 1 ½ cups of water and MAGGI Masala-ae-Magic bring to a boil and simmer for 2-3 minutes. Adjust salt to taste.
6. Garnish with chopped coriander leaves and serve hot with brown rice.

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Carbohydrates	30.5 g
Energy	220.18 kcal
Fats	7.14 g
Protein	9.62 g

🕒 51 Minutes

⊕ 5 Servings