



Rajasthani Dal Panchmel Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- 1/4 1/4 Cup Arhar Dal
- 1/4 1/4 Cup Moong Dal
- 1/4 1/4 Cup Sabut Urad Dal
- 1/4 1/4 Cup Chana Dal
- 1/4 1/4 Cup Moong Dal
- Cups Water
- 1/2 1/2 Teaspoon Turmeric Powder
- Tablespoon Ghee
- 1/4 1/4 Teaspoon Hing (Asafoetida)
- 1/2 1/2 Teaspoon Cumin Seeds
- Dry Red Chillies
- Onion
- Green Chillies (Chopped)
- Teaspoons Ginger (Cut Into Strips)
- Tablespoon Garlic (Chopped)
- Tomato (Medium, Chopped)
- Tablespoon Peanuts (Roasted)
- Pinch Salt (To Taste)
- Tablespoons Coriander Leaves (Chopped)
- Tablespoon Lime Juice

Instruction

1. Mix all the dals in a bowl and wash them well till the water runs clear. Then soak them for 15-20 min.
2. Pressure cook the dals with water and turmeric powder for 5 whistles.
3. Heat ghee in a karahi on medium flame, add asafoetida, cumin seeds and dry red chillies and fry for a minute.
4. Add onion, green chillies, garlic, ginger and fry until onions are brown. Add tomato and cook till they becomes soft. Add boiled dal, peanuts and mix well. Add some water if the dal is too thick to get desired consistency.
5. Add MAGGI Masala-ae-Magic and let it simmer on low heat for 4-5 min. Adjust salt to taste and remove from flame.
6. Garnish with fresh coriander leaves and add lemon juice to it. Serve hot with rotis or brown rice.

Nutrition

Carbohydrates	19.66 g
Energy	141.03 kcal
Fats	4.54 g
Protein	6.72 g

46 Minutes

5 Servings