



Dal Panchmel Parantha Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic
- 1/4 1/4 Cup Arhar Dal
- 1/4 1/4 Cup Moong dal (Soaked for 2-3 hr)
- 1/4 1/4 Cup Urad Dal
- 1/4 1/4 Cup Chana Dal
- 1/4 1/4 Cup Moong dal (Soaked for 2-3 hr)
- Cups Hot Water
- 1/2 1/2 Teaspoon Turmeric Powder
- Pinch Salt
- Tablespoons Ghee
- 1/4 1/4 Teaspoon Hing (Asafoetida)
- 1/2 1/2 Teaspoon Cumin Seed
- Dry Red Chillies
- Cup Onion (Chopped)
- Green Chillies
- Teaspoons Ginger
- Tablespoon Garlic (Chopped)
- Tomato (Chopped)
- Cups Atta
- Tablespoons Coriander Leaves (Chopped)

Instruction

1. Prepare ingredients as mentioned in the list.
2. Mix all the dals in a bowl and wash them well till the water runs clear. Then soak them for 15-20 minutes. Pressure cook dals with water, salt and turmeric powder, for 5 whistles.
3. Heat the ghee in a karahi on medium heat. Add asafetida, cumin seeds and dry red chillies and fry for a minute.
4. Add onion, green chillies, garlic and ginger and fry until onions are brown. Now add tomatoes, and cook till tomatoes become soft. Add boiled dal, and mix well, add some hot water if the dal is too thick to get desired consistency.
5. Add MAGGI Masala-ae-Magic, mix well. Continue cooking the dal till most of the liquid has evaporated.
6. Knead together the atta, coriander leaves and reduced dal to make a soft dough. Make into parathas using the ghee.
7. Serve hot with dahi and pickle.

Nutrition

Carbohydrates	66.55 g
Energy	476.18 kcal
Fats	17 g
Protein	14.19 g

77 Minutes

5 Servings