



## Banaras Ka Sagpaita Recipe

### Ingredients

- Sachet MAGGI Masala-ae-Magic
- gms Urad Dal
- gms Spinach (Chopped)
- Cups Warm Water
- Pinch Salt (To Taste)
- Tablespoons Ghee
- 1/4 1/4 Teaspoon Asafoetida
- 1/2 1/2 Teaspoon Cumin Seeds
- 1/4 1/4 Teaspoon Turmeric Powder
- Tomato, Ripe, Local (Solanum Lycopersicum)
- Green Chillies (Chopped)
- Inch Ginger (Cut Into Strips)
- 1/4 1/4 Teaspoon Red Chilli Powder
- 1/4 1/4 Teaspoon Garam Masala Powder
- Tablespoons Coriander Leaves (Chopped)

### Instruction

1. Clean and wash urad dal, then soak in water for an hour. Prepare ingredients as mentioned in the list.
2. Pressure cook the urad dal with spinach and salt for 2-3 minutes after the first whistle. Grind tomatoes, green chillies and ginger to make a fine paste.
3. Heat the ghee in a karahi, add asafoetida and cumin seeds, once the cumin seeds splutter add turmeric powder, red chili powder, tomatoes, green chili and ginger paste and fry till tomatoes are well cooked and the ghee starts separating from the masala.
4. Check the amount of water in the dal, if it seems too thick, add some hot water as per your requirement. Then add the fried masala and MAGGI Masala-ae-Magic, simmer for a few minutes, add garam masala powder and add salt to taste.
5. Garnish with coriander leaves and serve hot with steamed rice.

### Nutrition

Carbohydrates	27.15 g
Energy	196.17 kcal
Fats	6.19 g
Protein	9.53 g

56 Minutes

6 Servings