



Assamese Mati Mahor Dali Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic
- Cup Urad Dal
- Cups Water
- Tablespoons Mustard Oil
- Red Chilli Powder
- 1/2 1/2 Teaspoon Panch Phoron
- Bay Leaf
- Onion (Chopped)
- Teaspoon Ginger Paste
- Teaspoon Garlic (Chopped)
- Tomato (Chopped)
- 1/2 1/2 Teaspoon Turmeric Powder
- Green Chillies (Chopped)
- Pinch Salt
- Tablespoons Coriander Leaves (Chopped)

Instruction

1. Clean wash and soak the dal in water for 3-4 hours. Prepare ingredients as mentioned in the list.
2. Drain the water and pressure cook the urad dal with water for 1 whistle. Keep aside.
3. Heat the oil in karahi, add panch phoron, bay leaves and dry whole red chillies. Allow to splutter, add the chopped onion and fry till light brown.
4. Add the ginger-garlic paste, sauté for a 2-3 minutes. Add chopped tomatoes, green chillies and turmeric powder. Fry for 2-3 minutes.
5. Carefully pour the boiled dal, add MAGGI Masala-ae-Magic, salt to taste and bring to a boil. Simmer for a few minutes. Check the consistency of the dal, it should not be too runny nor too thick. If needed, add some warm water to get the consistency right.
6. Garnish with coriander leaves and serve hot with rice.

Nutrition

Carbohydrates	14.46 g
Energy	140.53 kcal
Fats	2.66 g
Protein	3.87 g

46 Minutes

4 Servings