



Mati Mahor Rice Bowl Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- Cup Sabut Urad Dal
- Cups Water
- Tablespoons Mustard Oil
- Dry Red Chillies
- 1/2 1/2 Teaspoon Panch Phoron
- Bay Leaf
- Onion
- Teaspoon Ginger Paste
- Teaspoon Garlic (Crushed)
- Tomato (Medium, Chopped)
- 1/2 1/2 Teaspoon Turmeric Powder
- Green Chillies (Chopped)
- Pinch Salt (To Taste)
- Tablespoons Coriander Leaves (Chopped)
- Cups Cooked Rice

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 2 tbsp of 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, half the 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. Put the rice in 5 bowls, top generously with the Mati Mahor Dal. Drizzle ½ tsp mustard oil and serve hot garnished with coriander leaves and chopped green chillies.

Nutrition

Carbohydrates	207.17 g
Energy	1057.32 kcal
Fats	5.05 g
Protein	22.94 g

50 Minutes

5 Servings