



Dal Aamti Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- Cups Arhar Dal
- Cups Water
- 1/2 1/2 Teaspoon Turmeric Powder
- Tablespoon Oil
- 1/2 1/2 Teaspoon Mustard Seeds
- 1/2 1/2 Teaspoon Cumin Seeds
- Curry Leaves
- 1/4 1/4 Teaspoon Hing (Asafoetida)
- Green Chillies (Slit)
- Tomato (Medium, Chopped)
- Teaspoon Goda Masala
- 1/2 1/2 Teaspoon Dry Red Chillies
- Kokum
- Tablespoon Jaggery
- Pinch Salt (To Taste)
- Tablespoon Ghee
- Tablespoons Coriander Leaves (Chopped)

Instruction

1. Prepare ingredients as mentioned in the list.
2. Wash the dal and pressure cook with 4 cups water and turmeric powder for 3-4 whistles. Whisk to a smooth consistency. Keep aside.
3. Heat oil in a karahi, add mustard seeds. When it splutters add cumin seeds, curry leaves, asafoetida and green chillies, sauté for a minute. Add tomatoes and cook till tomatoes soften.
4. Add goda masala, red chili powder, grated coconut and kokum, mix well and sauté for a minute. Add cooked dal, if dal is thick then add a cup of water or enough to get the desired consistency, mix well. Add MAGGI Masala-ae-Magic, jaggery and salt to taste, simmer on medium heat for 5 minutes.
5. Add ghee and garnish it with chopped coriander leaves. Serve hot with steamed rice.

Nutrition		46 Minutes
Carbohydrates	27.94 g	6 Servings
Energy	259.54 kcal	
Fats	5.95 g	
Protein	9.32 g	