



Ingredients

- 1 Sachet MAGGI Masala-ae-Magic
- 2 Cups Arhar Dal
- 5 Cups Water
- 0.5 Teaspoon Turmeric Powder
- 1 Tablespoon Oil
- 0.5 Teaspoon Mustard Seeds
- 0.5 Teaspoon Cumin Seeds
- 6 Curry Leaves
- 0.25 Teaspoon Hing (Asafoetida)
- 2 Green Chillies (Finely Chopped)
- 1 Tomato (Finely Chopped)
- 1 Teaspoon Goda Masala
- 1 Teaspoon Red Chilli Powder
- 2 Tablespoons Coconut, Kernel, Fresh (Cocos Nucifera)
- 4 Kokum
- 1 Tablespoon Jaggery
- 1 Pinch Salt (To Taste)
- 1 Tablespoon Ghee
- 2 Tablespoons Coriander Leaves (finely chopped)

Zubereitung

1. Wash and soak dal for 20 minutes. Pressure cook dal with 4 cups water and turmeric powder for 3-4 whistles. Whisk to a smooth consistency. Keep aside.
2. Heat oil in a karahi, add mustard seeds. When it splutters add cumin seeds, curry leaves, asafetida and green chillies, sauté for a minute.
3. 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.
5. Add cooked dal, if dal is thick then add a cup of water or enough to get the desired consistency, mix well.
6. Add jaggery and simmer on medium heat for 10 minutes. Add MAGGI Masala-ae-Magic and mix well. Adjust salt to taste.
7. Add ghee and garnish it with chopped coriander leaves. Serve hot with steamed rice.

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Carbohydrates	28.39 g
Energy	267.41 kcal
Fats	6.66 g
Protein	9.41 g

🕒 57 Minutes

⊕ 6 Servings