



## Ingredients

- 1 Sachet MAGGI Masala-ae-Magic
- 2 Cups Red Gram, Dal (Cajanus Cajan)
- 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 (Slit)
- 1 Tomato
- 1 Teaspoon Goda Masala
- 0.5 Teaspoon Chillies, Red (Capsicum Annum)
- 4 Kokum
- 1 Tablespoon Jaggery, Cane (Saccharum Officinarum)
- 1 Pinch Salt
- 1 Tablespoon Ghee
- 2 Tablespoons Coriander Leaves (Coriandrum Sativum)
- 3 Cups Whole Wheat Flour

## Zubereitung

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, asafetida 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. Reduce the Aamti Dal till thick. Knead together the atta, coriander leaves and reduced dal into a soft dough. Make into parathas using ghee.
6. Serve hot with dahi and pickle.

### Nährewerte an

Carbohydrates	47.42 g
Energy	309.02 kcal
Fats	4.97 g
Protein	11.49 g

⌚ 62 Minutes

⊕ 9 Servings