



Aamti Dal Parantha 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)
- Cups Whole Wheat Flour

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. 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.

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| Nutrition | | 62 Minutes |
| | | 9 Servings |
| Carbohydrates | 47.42 g | |
| Energy | 309.02 kcal | |
| Fats | 4.97 g | |
| Protein | 11.49 g | |