



Dalma Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic
- 1/2 1/2 Cup Arhar Dal
- Onion (Sliced)
- 1/2 1/2 Teaspoon Turmeric Powder
- 1/2 1/2 Cups Warm Water
- Tablespoons Oil
- Teaspoon Panch Phoron
- Red Chilli Powder
- 1/2 1/2 Teaspoon Asafoetida
- Tomato, Ripe, Local (Solanum Lycopersicum)
- 1/2 1/2 Cup Brinjal
- 1/2 1/2 Cup Carrot (cubed)
- 1/2 1/2 Cup Yam, Wild (Dioscorea Villosa)
- 1/2 1/2 Cup Raw Papaya
- 1/2 1/2 Teaspoon Cumin Powder
- 1/4 1/4 Teaspoon Red Chilli Powder
- Tablespoons Coconut bits
- Pinch Salt
- Tablespoons Coriander Leaves (Chopped)

Instruction

1. Prepare ingredients as mentioned in the list.
2. Wash the dal and pressure cook with chopped onion, turmeric powder and water for 3 whistles. Open the cooker when cool and mash the dal well. Keep aside.
3. Heat oil in a karahi, add the panch phoran, dry red chillies and asafoetida. When it starts spluttering add all the chopped vegetables. Add cumin powder, red chilli powder and salt, mix well. Cover and cook till vegetables are tender, now add the coconut.
4. Add the mashed dal, MAGGI Masala-ae-Magic and the coriander leaves, simmer for 5 minutes. Add salt to taste.
5. Serve immediately with steamed rice.

Nutrition

Carbohydrates	23.55 g
Energy	197.73 kcal
Fats	9.81 g
Protein	4.94 g

51 Minutes

4 Servings