



Ingredients

- 1 Sachet MAGGI Masala-ae-Magic
- 1 Cup Gobhindobhog Rice
- 1 Cup Moong Dal
- 1.5 Cups Vegetables (Potatoes, Carrots, Beans)
- 0.5 Cup Peas
- 1 Tomato (Chopped)
- 4 Green Chillies (Slit)
- 2 Dry Red Chillies
- 2 Teaspoons Ginger Paste
- 1 Teaspoon Cumin Seed
- 2 Tablespoons Mustard Oil
- 2 Tablespoons Ghee
- 2 Bay Leaf
- 1 Pinch Salt (To Taste)
- 1 Tablespoon Sugar
- 1 Teaspoon Turmeric Powder
- 4 Cups Hot Water

Zubereitung

1. Wash the rice water and soak in water until you prepare ingredients as mentioned in the list.
2. Roast the moong dal in a karahi till colour changes and you get a nice aroma of the roasted dal. Wash the dal and keep aside.
3. Heat the oil in a pressure cooker and add the jeera. Once they start to splutter, add bay leaves and dry red chillies. Add the dal, rice and fry well. Now, add the turmeric powder, tomatoes, ginger paste and continue frying for 5 minutes.
4. Add salt and the hot water and bring to a boil. Add the chopped vegetables, sugar and MAGGI Masala-ae-Magic. Cook for 2-3 minutes after the first whistle.
5. Mix in the ghee after opening the pressure cooker and serve hot with begun bhaja and tomato chutney.

Nährewerte an

Carbohydrates	68.45 g
Energy	488.36 kcal
Fats	10.75 g
Protein	13.08 g

⌚ 47 Minutes

⊕ 4 Servings