



Lauki Tomato Dal Recipe (Diabetic Friendly)

Ingredients


- 1 Sachet MAGGI Masala-ae-Magic
- 1 Cup Chana Dal
- 2.5 Cups Water
- 0.5 Teaspoon Turmeric Powder
- 2 Tomato (Sliced)
- 2 Cups Lauki (Cut into Squares)
- 15 gms Thick Tamarind Pulp
- 2.5 Teaspoons Oil
- 0.5 Teaspoon Cumin Seeds
- 1 Teaspoon Mustard Seeds
- 5 Cloves Garlic (Finely Chopped)
- 1 Onion (Finely Chopped)
- 3 Dry Red Chillies
- 8 Curry Leaves
- 1 Pinch Salt (To Taste)
- 3 Tablespoons Coriander Leaves (finely chopped)
- 1 Teaspoon Crushed Peanuts

Zubereitung

1. Prepare ingredients as mentioned in the list.
2. Wash the dal in a pressure cook with 2 ½ cups water, turmeric powder and tomatoes for 2 whistles. Open the pressure cooker, add lauki and pressure cook for a bit.
3. Heat oil in a karahi, add mustard seeds and cumin seeds and allow it to splutter. Add garlic, onion, dry red chillies and curry leaves. Cook till the onion turns pink and mixture is aromatic
4. Add the above seasoning and MAGGI Masala-ae-Magic to cooked dal. Add some hot water if too thick to get desired consistency. Adjust salt to taste. Simmer for 2 minutes.
5. Garnish with coriander leaves. Serve hot with brown rice.

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Carbohydrates	12.58 g
Energy	94.22 kcal
Fats	3.72 g
Protein	3.41 g

 42 Minutes

 5 Servings