



## Ingredients

- 1 Sachet MAGGI Masala-ae-Magic
- 1.5 Cups Arhar Dal
- 5 Cups Water
- 0.5 Teaspoon Turmeric Powder
- 1.5 Teaspoons Oil
- 0.5 Teaspoon Mustard Seeds
- 0.5 Teaspoon Cumin Seeds
- 6 Curry Leaves
- 2 Green Chillies (Chopped)
- 1 Tomato (Chopped)
- 1 Teaspoon Goda Masala
- 4 Kokum
- 1 Pinch Salt (To Taste)
- 2 Tablespoons Fresh Coconut (Grated)
- 0.25 Teaspoon Hing (Asafoetida)
- 1 Teaspoon Red Chilli Powder
- 1.5 Teaspoons Ghee
- 2 Tablespoons Coriander Leaves (Chopped)
- 3 Teaspoons Crushed Peanuts

## Zubereitung

1. Prepare ingredients as mentioned in the list. Wash and soak dal for 20 minutes.
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 peanuts and simmer on medium heat for 10 minutes. Add MAGGI Masala-ae-Magic and mix well. Adjust salt to taste.
5. Add ghee and garnish it with chopped coriander leaves. Serve hot with steamed brown rice.

### Nährewerte an

Carbohydrates	21.83 g
Energy	188.59 kcal
Fats	4.72 g
Protein	7.84 g

🕒 51 Minutes

⊕ 6 Servings