



Dal Aamti Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- 1/2 1/2 Cups Arhar Dal
- Cups Water
- 1/2 1/2 Teaspoon Turmeric Powder
- 1/2 1/2 Teaspoons Oil
- 1/2 1/2 Teaspoon Mustard Seeds
- 1/2 1/2 Teaspoon Cumin Seeds
- Coriander Leaves (Chopped)
- Green Chillies (Chopped)
- Tomato (Medium, Chopped)
- Teaspoon Goda Masala
- Kokum
- Pinch Salt (To Taste)
- Tablespoons Fresh Coconut (Grated)
- 1/4 1/4 Teaspoon Hing (Asafoetida)
- Teaspoon Red Chilli Powder
- 1/2 1/2 Teaspoons Ghee
- Tablespoons Coriander Leaves (Chopped)
- Teaspoons Peanuts (Roasted)

Instruction

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.

Nutrition		51 Minutes
Carbohydrates	21.83 g	6 Servings
Energy	188.59 kcal	
Fats	4.72 g	
Protein	7.84 g	