



Dahi Missal Recipe (Diabetic Friendly)

Ingredients

- gms Nestlé A+ Curd
- Tablespoons MAGGI Hot & Sweet Tomato Chilli Sauce
- Potato (Boiled and grated)
- Onion (Chopped)
- Tomato (Small, Chopped)
- Green Chillies (Chopped)
- 1/2 1/2 Cups Sprouts
- 1/4 1/4 Cup Green Peas (Chopped)
- 1/4 1/4 Cup Coriander Leaves (Chopped)
- 1/4 1/4 Cup Coconut bits
- Teaspoons Ground Nut
- 1/2 1/2 Pinch Salt (To Taste)
- Teaspoon Oil
- Teaspoon Cumin Seeds
- 1/4 1/4 Teaspoon Asafoetida (1 Pinch)
- Tablespoons Sev

Instruction

1. Steam sprouted moong and peas over a pan of boiling water for 2 minutes.
2. Mix together the steamed sprouts, peas, onions, potatoes, tomatoes, coriander leaves, green chillies, fresh coconut and peanuts. Add salt to taste.
3. Heat oil, add cumin seeds and allow to splutter. Add hing, mix well and remove from flame. Add this oil to the above mixture and mix well.
4. To serve, arrange the missal on a plate and top with beaten dahi and MAGGI Hot and Sweet Sauce.
5. Sprinkle sev just before serving to prevent missal from getting soggy.

Nutrition

Carbohydrates	37.56 g
Energy	294.38 kcal
Fats	12.05 g
Protein	11.62 g

32 Minutes

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