



Cholar Dal Recipe

Ingredients

- Sachet Maggi Coconut Milk Powder
- gms Chana Dal (150 g)
- Cups Water
- Teaspoon Turmeric Powder
- Pinch Salt
- Teaspoons Cumin Seeds
- Teaspoon Coriander Seeds
- Red Chilli Powder
- Tablespoons Mustard Oil
- 1/2 1/2 Cup Fresh Coconut (Peeled and diced)
- 1/4 1/4 Teaspoon Asafoetida (1 Pinch)
- Bay Leaf
- Teaspoon Whole Garam Masala (Coarsely crushed)
- 1/2 1/2 Tablespoons Ginger Paste
- Teaspoon Red Chilli Powder
- gms Raisins
- Tablespoon Sugar
- Green Chillies (Chopped)
- Tablespoon Ghee

Instruction

1. Wash and pressure cook chana dal with 4 cups water, salt and turmeric powder for 5 minutes.
2. Roast 1 tsp of cumin seeds, coriander seeds together and 1 dry red chili for 1 -2 mins. Cool, powder and keep aside.
3. Heat the mustard oil in a karahi. Fry the coconut dices till light brown and remove. To the rest of the oil add the remaining cumin seeds, dry red chili, bay leaf and whole garam masala. Temper.
4. Add the ginger paste and fry for 2 minutes. Add the red chilli powder and fry for 1 min.
5. Add the cooked dal, coconut dices, raisins, green chillies and sugar, bring to a boil and simmer for 3 - 4 minutes. Add a little more water if required. Adjust salt to taste.
6. Add ghee and remove. Pour into a bowl and sprinkle the roasted masala powder over the dal.
7. Serve with luchis/paratha/roti

Nutrition

Carbohydrates	30.82 g
Energy	341.75 kcal
Fats	18.13 g
Protein	12.18 g

37 Minutes

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