



Arhar Daal Tadka

Ingredients

- Sachet MAGGI Masala-ae-Magic
- Cup Pigeon Peas
- 1/2 1/2 Cups Water
- 1/2 1/2 Teaspoon Turmeric Powder
- Tablespoons Oil
- 1/2 1/2 Teaspoon Cumin Seeds
- 1/2 1/2 Teaspoon Asafoetida (1 Pinch)
- Red Chilli Powder
- Onions (Sliced)
- Teaspoon Ginger garlic paste
- Tomato (Chopped)
- Green Chillies (Slit)
- 1/2 1/2 Teaspoon Red Chilli Powder
- Pinch Salt (To Taste)
- Tablespoons Coriander Leaves (Chopped)

Instruction

1. Wash and soak the daal for 30 mins. Pressure cook dal for 10 min on low flame after the first whistle.
2. Heat oil in a kadai, add cumin seeds, allow it splutter. Add asafoetida, dry red chillies, onion and saute till the onion turn golden brown. Add ginger garlic paste and sauté till the raw smell is gone. Add tomatoes and cook till they turn mushy.
3. Add green chillies, red chilli powder and mix well. Add the cooked dal, MAGGI Masala-ae-Magic and bring it to a boil. Adjust salt to taste and mix well.
4. Serve hot garnished with fresh coriander leaves along with rice / roti.

Nutrition

Carbohydrates	37.03 g
Energy	267.08 kcal
Fats	8.66 g
Protein	12.06 g

25 Minutes

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