



Chana Dal

Ingredients

- Sachet MAGGI Masala-ae-Magic
- Cup Chana Dal (150 g)
- 1/2 1/2 Cups Water
- 1/2 1/2 Teaspoon Turmeric Powder
- Tablespoons Mustard Oil
- Bay Leaf
- 1/2 1/2 Teaspoon Cumin Seeds
- 1/4 1/4 Teaspoon Asafoetida (1 Pinch)
- Onion (Chopped)
- Garlic (Cut into strips)
- Tablespoon Ginger (Cut into strips)
- Tomatoes (Sliced)
- Green Chillies (Chopped)
- 1/2 1/2 Teaspoon Red Chilli Powder
- 1/2 1/2 Teaspoon Coriander Powder
- Pinch Salt
- Tablespoons Coriander Leaves (Chopped)

Instruction

1. Wash and soak the dal for 30 mins. Pressure cook dal for 3 whistles and simmer for 5 mins. Once cool, open the pressure cooker and mix the dal with a ladle.
2. Heat mustard oil in a kadai, wait till it smokes. Add bay leaf, cumin seeds, allow it splutter. Add asafoetida and onion. Sauté till the onion turn slightly golden brown. Add ginger and garlic and sauté till the raw smell is gone. Add tomatoes and cook till they turn mushy.
3. Add green chillies, red chilli powder and coriander powder and mix well. Add the cooked dal, MAGGI Masala-ae-Magic and bring it to a boil. (Add ½ cup water in case dal is too thick) Adjust salt to taste and mix well.
4. Serve hot garnished with fresh coriander leaves along with rice / roti.

Nutrition

Carbohydrates	12.42 g
Energy	132.41 kcal
Fats	8.07 g
Protein	3.66 g

25 Minutes

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