



Rajasthani Dal (HV)

Serving: 1

Veg

Ingredients

- 1 tbsp moong dal (split green gram)
- 1 tsp Dal Each : Chana , Turr , masoor and urad
- $\frac{1}{4}$ turmeric powder
- $\frac{1}{4}$ cup cumin seed
- $\frac{1}{4}$ cup finely chopped onions
- 1 tsp ginger -green chilli paste
- $\frac{1}{4}$ tsp chilli powder
- $\frac{1}{2}$ tsp coriander cumin powder
- $\frac{1}{4}$ tsp chilli powder
- 2 tsp dried mango powder
- 1 tsp finely chopped garlic

Preparation Method

- 1) Clean wash and soak the dals in water for 2-3 hours.
- 2) Drain well ,combine the dal,turmeric powder,1 cup of water and salt and pressure cooker it for 3 whistles.
- 3) Allow the steam to escape before opening the lid.
- 4) Keep aside. Heat a deep non-stick pan on a medium flame and when hot add cumin seeds and dry roast for few seconds.
- 5) Add the garlic and onion and dry roast on medium flames for 1 min. add ginger-green chilli paste,chilli powder coriander cumin seeds powder and dry roast for few seconds while stirring continuously.
- 6) Add the cook dal and $\frac{1}{2}$ cup of water and mix well. add little salt dry mango powder and $\frac{1}{2}$ cup of water mix well and cook on medium flames for 2-3 mins Serve hot garnished with coriander.