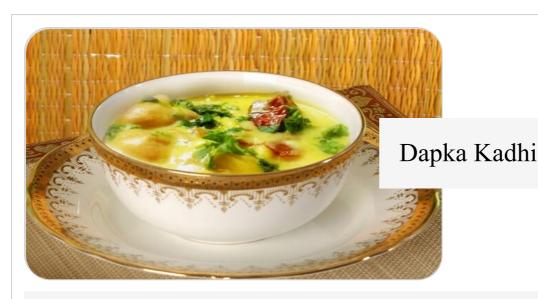


C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

## Ingredients

- 2 tbsp yellow moong dal (split yellow gram)
- -2 tsp besan (bengal gram flour)
- -1/2 tsp oil
- -1/4 tsp ginger-green chilli paste
- · -pinch sugar
- -1 tbsp finely chopped coriander (dhania)
- -salt to taste
- eno 1/4 tsp

## Preparation Method

- 1. Soak the moong dal in enough lukewarm water for 3 to 4 hours. Drain and keep aside.
- 2. Blend the moong dal in a mixer to a fine mixture.
- 3. Transfer the mixture to a deep bowl, add the oil, gingergreen chilli paste, sugar, soda bi-carb, coriander and salt and mix well. Keep aside.
- 4. Just before serving, bring the kadhi to a boil, add the dapka batter a little at a time using your fingertips to form small dumplings and simmer for 5 to 7
- minutes till the dapkas starts floating on top.
- 5. Garnish with coriander and serve hot with rotla.