



## Moong Dal Handvo ( OP I )

Serving: 1

Veg

### *Ingredients*

- -3 tbsp yellow moong dal (split yellow gram)
- -2 tbsp semolina (rava)
- -2 tbsp grated carrot
- -1 tbsp curds (dahi)
- -1 tsp ginger-green chilli paste
- -1 tbsp finely chopped coriander (dhania)
- -salt to taste
- -1 tsp fruit salt
- -1 tsp oil
- -1/2 tsp mustard seeds (rai / sarson)
- -1 tsp sesame seeds (til)
- -Pinch asafoetida (hing)

### *Preparation Method*

- -Clean, wash and soak the yellow moong dal in enough water in a deep bowl for 3 hours. Drain well and blend in a mixer to a smooth paste without using water.
- -Combine the moong dal paste, semolina, carrots, curds, sugar, ginger-green chilli paste, coriander and salt together in a deep bowl and mix well to make a batter.
- -Just before cooking, add the fruit salt and add 2 tbsp of water over it.
- -When the bubbles form, mix gently.
- -Heat the oil in a non-stick kadhai and add the mustard seeds.
- -When the seeds crackle, add the sesame seeds and asafoetida and sauté on a medium flame for a few seconds.
- -Pour the batter over the tempering and spread it evenly to make a thick layer. Cover with a lid and cook on a slow flame for 7 to 8 minutes or till the base turns crisp and golden brown in colour.
- -Turn the handva upside down using a flat plate.
- -Slide the handva back into the same kadhai, cover with a lid and cook on a slow flame for another 5 minutes or till it turns golden brown in colour from the other side. keep aside.
- -Cool slightly and cut into equal pieces.
- -Serve immediately with green chutney.