



## Lentil Dal \$

Serving: 1

Veg

### *Ingredients*

- Red Lentil ( masoor dal ) - 3 tbsp ( soaked for 1-2 hour , First Pressure cook it )
- Red capsicum -3 tbsp chopped
- Peanuts - crushed - 3 tbsp
- Black pepper - to taste
- Red chilli -1/4 tsp
- Salt to taste
- coconut - 1 tbsp for sprinkle
- carrot - 1 chopped medium size
- Oil - 1 tsp

### *Preparation Method*

- Take masoor dal in pressure cooker , pressure cook it
- Take a pot and heat, add oil and chopped carrot , red capsicum , Saute for 2 minutes until the it gets soft
- add peanut crushed , add lentil mix it well,
- add red chili powder , black pepper powder and salt.
- Mix it well.
- Sprinkle with grated coconut