

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



Serving: 1 Veg

## Ingredients

- 1. Channadal 1 tbsp
- 2. Udad dal -1 tbsp
- 3. Tomato  $-\frac{1}{2}$
- 4. Onion  $-\frac{1}{2}$
- 5. Kashmiri chilly 1
- 6. 2 clove garlic
- 7. Salt to taste
- 8. Water as required
- 9.  $Imli \frac{1}{2}$  inch
- 10. Oil- 1 tsp
- Tempering:
- 1. Musterd seeds (Rai)  $-\frac{1}{2}$  tsp
- 2. Curry patta leaves 4-5
- 3. Oil  $-\frac{1}{2}$  tsp

## Preparation Method

- 1. Take a pan heat the oil add channa dal and udad dal sauté for 2 minutes.
- 2. Add Onion till light brown add tomato, red chilli, garlic sauté for 3 minutes
- 3. Cool completely add little water, salt and tamarind, grind it to smooth paste.
- Tempering:
- Heat little oil add muster, curry leaves, pour the tempering on the chutney.