



Begum Dal

Serving: 1

Veg

### *Ingredients*

- -2 tbsp green moong dal (split green gram)
- -1 tbsp Chana dal
- - $\frac{1}{2}$  chopped tomatoes
- - $\frac{1}{4}$  tsp chopped garlic (lehsun)
- - green chilli chopped, finely chopped to taste
- - $\frac{1}{4}$  turmeric powder(haldi)
- -Salt to taste
- - $\frac{1}{2}$  tsp cumin seed (jeera )
- -2 tsp chopped onions
- -1 tbsp finely chopped coriander (dhania )for the garnish

### *Preparation Method*

1. Clean wash and soak both the dals in water for 1 hours. Drain and keep aside
2. Combine all the dals ,tomatoes ,garlic green chillies,turmeric powder,salt and 1 cup of water and pressure cook for 2 whistles. Allow the steam to escape before opening the lid. Remove,whisk well and keep aside
3. Heat the non-stick pan on a medium flame and when hot,add the cumin seed and dry roast for 30 sec
4. Lower the flame,add the onion and dry roast till onion turns light brown in colour . Sprinkle a little water if it starts burning
5. Add the cooked dals,water as required and mix well and simmer for another 3 to 4 minutes
6. Serve hot and garnished with coriander