



Moong Dal Chaat (HS) (ES)

Serving: 1

Veg

Ingredients

- -2 tbsp yellow moong dal (split yellow gram) (boiled)
- -salt to taste
- -2 tbsp grated carrot
- -2 tbsp pomegranate (anar)
- -2 tbsp chopped spring onions (whites and greens)
- -2 tbsp chopped tomatoes
- -2 tbsp green capsicum
- -10-12 leaves finely chopped mint leaves (phudina) leaves
- -1 tbsp finely chopped coriander (dhania)
- -1 tsp finely chopped green chillies
- -Pinch of black pepper powder
- $\frac{1}{4}$ tsp jeera powder

Preparation Method

- 1. Clean, wash and soak the moong dal in water for half an hour and drain well.
- 2. Combine all the ingredients, including the moong dal, in a large bowl and toss well.
- 3. Serve immediately.