



Dudhi chana dal sabji ( HV)

Serving: 1

Veg

### *Ingredients*

- 1/4 cup Boiled chana dal
- -Bottle gourd (lauki/doodhi) peeled, seeded cut into cubes - 1 cup
- -Onion and Tomatoes chopped mix : 1/4 cup
- -Oil 1 tsp
- -Cumin seeds 1 teaspoon
- -Asafoetida 1 /4 teaspoon
- -Ginger finely chopped 1 inch
- -Turmeric powder 1 /2 teaspoon
- -Red chilli powder 1 teaspoon
- -Salt to taste
- Chopped coriander 2 tbsp

### *Preparation Method*

- -Heat oil in a non-stick pan, add cumin seeds and saute till they turn golden. -Add asafoetida and ginger and saute till ginger is golden.
- Now add onion and tomato mixture , let it cook for 5-6 minutes , till raw smell disappears
- -Add bottle gourd , chana dal and mix well. Add turmeric powder, red chilli powder and salt and mix well. Cover and cook for 4-5 minutes.
- -Transfer into a serving bowl, garnish with tcoriander and serve hot.