



Moong Dal Dhokla

Serving: 1

Veg

Ingredients

- 1/2 cup green moong dal (split green gram)
- 3 green chillies
- 1 tsp oil
- 1 pinch asafoetida (hing)
- 1/2 tsp besan (bengal gram flour)
- 2 tsp curds (dahi)
- salt to taste
- 1 tsp oil for greasing
- For The Garnish
- 2 tbsp chopped coriander (dhania)

Preparation Method

- Soak the moong dal in enough water for 4 hours. Drain and de-skin the dal.
- Combine the dal, green chillies and little water and blend in a mixer to a coarse paste.
- Transfer the mixture into a deep bowl, add the 1/2 tsp oil, asafoetida, besan, curd and salt and mix well.
- Just before steaming, add the salt and mix gently.
- Pour the batter immediately into a greased thali and spread evenly by rotating the thali clockwise.
- Steam in a steamer for 10-15 minutes or till the dhoklas are cooked.
- Cool slightly, brush little oil on it and cut into diamond shaped pieces.
- garnished with coriander. and serve