



Palak Yellow Moong Dal Dhokla

Serving: 1

Veg

Ingredients

- 2 tbsp yellow moong dal (split yellow gram) , soaked for 1 hours and drained
- $\frac{1}{4}$ cup blanched and roughly chopped spinach
- 3 green chillies , roughly chopped
- 1 tbsp fresh low-fat curds
- salt to taste
- $\frac{1}{2}$ tsp fruit salt
- $\frac{1}{4}$ tsp oil for greasing

Preparation Method

- Combine the yellow moong dal , spinach and green chillies and blend in a mixer to a smooth paste without using any water.
- Transfer the mixture into a bowl, add the curds and salt and mix well.
- Just before steaming, add the fruit salt to the batter and pour 2 tsp water over it.
- When the bubbles form, mix gently.
- Grease the idli moulds using oil, put spoonfuls of the batter into idli moulds and steam in a steamer for 10 to 12 minutes or till the idlis are cooked.
- Cool slightly, demould , cut into 2 and serve
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