



## Soya Methi Dal Dhokli (HV) (OP I)

Serving: 1

Veg

### Ingredients

- **For the dal**
- 2 tbsp tooval dal, boiled and blended
- $\frac{1}{2}$  tsp oil
- $\frac{1}{2}$  tsp ghee
- A pinch of cumin seeds
- A pinch of methi seeds
- 1 cloves (laung/ lavang)
- 1 small stick dalcini
- 1 bayleaf (tejpatta)
- A pinch of hing
- 2 kokum
- 3 tbsp chopped tomatoes
- $\frac{1}{4}$  tsp turmeric (haldi) powder
- $\frac{1}{2}$  tsp ginger-green chilli paste
- Salt to taste
- **For the soya methi dhoklis**
- 2 tbsp soya flour
- $\frac{1}{4}$  cup chopped methi leaves
- 1 tbsp whole wheat flour
- $\frac{1}{2}$  tsp oil
- A pinch of turmeric (haldi) powder
- $\frac{1}{2}$  tsp chilli powder
- A pinch of hung
- Salt to taste
- **For garnish**
- 1 tbsp finely chopped coriander leaves

### Preparation Method

- **For the dal**
- 1. Heat the oil and ghee in a deep non-stick kadhai, add the cumin seeds, methi seeds, clove, cinnamon, bayleaf band hing and saute on medium flame till the cumin seeds splutter.
- 2. Add 1 cup of water, kokum, tomatoes, haldi, ginger- ginger paste, prepared dal and salt, mix well and cook on a medium flame for 10 minutes, while stirring occasionally. Keep aside.
- **For the dhoklis**
- 1. Combine all the ingredients in a deep bowl and knead into a semi-stiff dough using enough water.
- 2. Divide the dough into 2 equal portions and roll out each portion into 18
- 3. Heat a non-stick tava on medium heat and cook each chapatti on both the sides. Keep aside to cool. One cool, cut the chapatis into diamond shape and keep aside.
- **How to proceed**
- 1. Just before serving, bring the dal mixture to a boil, add the dokhlis, mix well and cook on a medium flame for 5 minutes, add  $\frac{1}{4}$  cup water if required. Make sure you stir the mixture occasionally to avoid the dokhlis from sticking.
- 2. Serve immediately garnished with coriander.



**EAT FIT 247**  
C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD  
Vile Parle (West), Maharashtra, India, 400056  
+91-9820577553  
eatfit24by7@gmail.com