



Dhanshak Dal (OP I) (HV)

Serving: 1

Veg

Ingredients

- -1 tbsp toovar dal ,washed and drained
- -2 tsp yellow moong dal (split yellow gram),washed and drained
- -2 tsp Masoor dal (split red lentil),washed and drained
- - $\frac{1}{2}$ small potato
- - $\frac{1}{4}$ cup chopped brinjal
- - $\frac{1}{4}$ cup chopped Bottle gourd
- - $\frac{1}{4}$ cup chopped red pumpkin
- - $\frac{1}{4}$ cup finely chopped onions whites
- - $\frac{1}{2}$ cup chopped tomato
- -Salt to taste
- To be ground into smooth paste (using 2 tbsp of water)
- 2 garlic (lehsun) cloves
- 2 Kashmiri dry chillies
- 1 Green chilli
- 2 pepper corn (kalimirsch)
- 2 cloves (laung)
- 1 Cardamon (elaichin)

Preparation Method

- -Pressure cook all the dals and veggies
- -Let it cool . Blend into smooth paste
- -Heat oil. Saute the red paste Add the dal Puree
- -Add tamarind pulp Let it boil for 6-7 mins
- -Serve