



Dal Pakwan ( OP I )

Serving: 1

Veg

### *Ingredients*

- - $\frac{1}{2}$  cup chana dal (split bengal gram) , soaked for 4 hours and drained
- - $\frac{1}{4}$  tsp turmeric powder (haldi)
- -salt to taste
- -1 tsp ghee
- -1 tsp cumin seeds (jeera)
- -1 green chilli ,
- -1 tsp chilli powder
- - $\frac{1}{4}$  tsp garam masala
- **For The Pakwans :**
- -Use Diet Khakhra ( 2 )
- **For Serving:**
- -2 tbsp finely chopped onions
- -2 tbsp finely chopped coriander (dhania)

### *Preparation Method*

- **For the dal:**
- -Combine the chana dal, 1 cup of water, turmeric powder and salt, mix well and pressure cook for 2 whistles.
- -Allow the steam to escape completely before opening the lid.
- -Heat the ghee in a deep non-stick pan, add the cumin seeds and allow it to crackle,
- -When the seeds crackle, add the green chilli, chilli powder, garam masala, cooked chana dal and little salt, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally. Keep aside.
- **For the pakwan:**
- -Use 2 diet khakhra
- **How to proceed:**
- -Just before serving, preheat the dal Keep aside.
- -Place 2 diet khakhra on a serving dish and spread one portion of the dal evenly over it.
- -Sprinkle 1 tbsp of the onions and 1 tbsp of coriander evenly over it.