



Mughlai Dal ( HV )

Serving: 1

Veg

### *Ingredients*

- Serves 1
- 2 tbsp green moong dal
- 1 tbsp toovar dal
- $\frac{1}{4}$  cup chopped tomatoes
- $\frac{1}{2}$  tsp chopped garlic
- $\frac{1}{4}$  tsp green chilli paste
- A pinch of turmeric powder
- Salt to taste
- A pinch of cumin seeds
- $\frac{1}{4}$  cup chopped onions
- 1 tbsp finely chopped coriander for the garnish

### *Preparation Method*

- 1. Clean, wash and soak both the dals in water for 1 hour. Drain & keep aside.
- 2. Combine the dals, tomatoes, garlic, green chillies, turmeric powder, salt and 1 cup of water and pressure cook for 2 whistles. Allow the steam to escape before opening the lid. Remove, whisk well and keep aside.
- 3. Heat a non-stick pan on a medium flame and when hot, add cumin seeds and dry roast for about 30 seconds.
- 4. Lower the flame, add the onions and dry roast till the onions turn light brown in colour. Sprinkle a little water if the mixture turns brown.
- 5. Add the cooked dals,  $\frac{1}{4}$  cup of water and mix well, cook on medium flame for 3 to 4 minutes.
- 6. Serve hot with coriander.