I was going to transfer DAI from BSC to Ethereum network in the same wallet of mine (MetaMask). I didn't really know how to do it correctly. I mistakenly pasted the DAI toke contract address as the receiving address so the DAI is disappeared.

Please see details here:

https://bscscan.com/tx/0xcfb146e8b7e0f77de28b0933273c5ae676d494d6f199c0fd020b9436757e59e6

Is there any way to get the DAI back to my wallet?

What's the correct way to do the above transfer?