DietCloud – Recipe

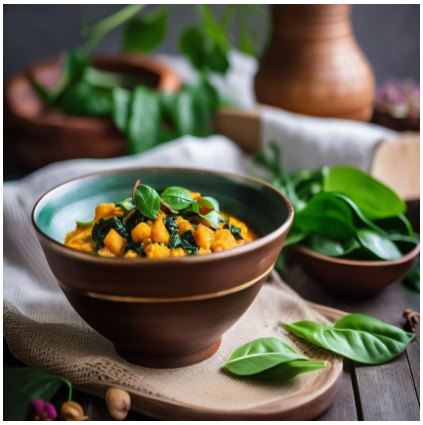
Recipe Name: Konkan Style Vali Bhajji Ambat Recipe- Spiced Malabar Spinach Dal

Diet Type:

Course: Dinner

Cuisine: Konkan

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Spinach Leaves (Palak) - Malabar	4
• 1/2 cup Arhar dal (Split Toor Dal)	
• 1 Onion - finely chopped	
• 1 Tomato - chopped	
• 30 grams Tamarind - mixed with water	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Jaggery - powdered	
• Salt - to taste	
• 1/2 cup Fresh coconut - grated	
• 1 tablespoon Coriander (Dhania) Seeds - roasted	
• 4-5 Dry Red Chillies	
• 1 teaspoon Mustard seeds	
• 4 cloves Garlic - pound	
• Sunflower Oil - for cooking	

Preparation

• We begin making the Vali Bhajji Ambat Recipe by heating a nonstick pan and roasting the coriander seeds, dry red chilies, and coconut.
• Keep it aside to cool down.
• Then grind it in a blender to a coarse paste.
• Clean the spinach leaves and chop them along with the stem.

• Once done release the pressure naturally.

• You can add some water in order to adjust seasoning.

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- Adjust the consistency again and check for the seasoning.
- Add the jaggery to the dal once it starts boiling.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)