DietCloud – Recipe

Recipe Name: Garlic Dal Recipe
Diet Type: Vegetarian
Course: Lunch
Cuisine: North Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 1 cup arhar dal - or moong dal	2
• 1/4 cup tamarind paste	
• 5 green chillies - add to your taste	
• 10 cloves garlic	
• salt - as per taste	
• 1 tablespoon oil	
• 1 teaspoon mustard	
• 10 curry leaves	
• green Coriander - little	

Preparation

- To make garlic lentils, first cook the lentils in a pressure cooker with water.
- After cooking, keep it to cool down.
- Now roast green chillies in a pan without oil.
- Remove separately.
- Now mix dal, green chillies, garlic, tamarind paste and salt in a mixer and grind them.
- Now heat oil in a pan.
- Add mustard seeds and curry leaves.
- After 10 seconds, add powdered lentils to it and turn off the gas.
- After closing, garnish with green coriander.
- Serve Garlic Dal with gourd elder greens, boondi raita and phulka for dinner.

Macronutrients

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