DietCloud – Recipe

Recipe Name: Matki Chi Rassa Bhaji Recipe (Maharashtrian Style Moth Beans Cooked with Goda Masala)

Diet Type:

Course: Side Dish

Cuisine: Maharashtrian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Moth Dal (Matki) - spouted • 1 Onion - roughly chopped • 2 Tomatoes - roughly chopped • 4 cloves Garlic • 1 inch Ginger • 1 teaspoon Red Chilli powder • 1/4 teaspoon Turmeric powder (Haldi) • 1.5 tablespoons Maharashtrian Goda Masala • 1 teaspoon Mustard seeds • 1/2 teaspoon Cumin seeds (Jeera) • 1 sprig Curry leaves • 3 sprig Coriander (Dhania) Leaves - finely chopped for garnish • 1 tablespoon Sunflower Oil • Salt - to taste	4

Preparation

• Next morning, drain the water and keep it aside in a box to let it sprout.

• The sprouting process takes a day or two.

• Once the sprouts are ready, rinse it in cool water and keep aside.

• Now, make a fine paste of the onion, tomatoes, ginger and garlic using a mixer grinder and keep aside.

• Heat oil in a pan, add the mustard and cumin seeds and let it crackle.

• Immediately add the curry leaves and let it splutter.

• Once they splutter, add the onion paste that we prepared earlier and cook until the raw smell goes

away.
• Now add the red chilli powder, turmeric, goda masala and saute till the curry leaves the sides and looks well cooked.
• Now, add the sprouted moth beans, 2 cups of water, season with salt and let it simmer with the lid closed till the moth beans are cooked well.
• If the water dries out, add a little more water, adjust the seasoning and simmer for 5 more minutes.
• The consistency of the curry should be little thin.

Macronutrients

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