DietCloud – Recipe

Recipe Name: Vegetable Fried Mug Pulses Recipe - Bengali Style Mong Dal With Binta Vegetables

Diet Type: Vegetarian

Course: Lunch

Cuisine: Bengali Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 3/4 cup Yellow Moong Dal (Split)	4
• 1 teaspoon Turmeric powder (Haldi)	
• 1 cup Cauliflower (gobi) - cut into florets	
• 2 tablespoons Green peas (Matar) - steamed	
• 1/4 Green beans (French Beans) - cut in 1	
• 1/4 cup Kaddu (Parangikai/ Pumpkin) - diced	
• 1 inch Ginger - grated	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1 Bay leaf (tej patta)	
• 1/2 inch Cinnamon Stick (Dalchini)	
• 2 Cloves (Laung)	
• 2 Cardamom (Elaichi) Pods/Seeds	
• 2 Dry Red Chillies	
• 1 teaspoon Sugar	
• 1 tablespoon Ghee	
• Salt - to taste	

Preparation

• To begin making the Sobji Diye Bhaja Muger Dal Recipe, we will first make the spice powder.
• In a pestle and mortar, make a powder of the cinnamon, cloves and cardamom and keep aside.
• Next dry roast the moong dal in a heavy bottomed pan.
• It will take almost 8-10 minutes for them to roast beautifully.
• Keep stirring at regular interval.
• Once this is done wash the dal 2-3 times and then add 2-1/2 cups of water a pinch of turmeric.
• Cover and let it cook on medium till the grains are almost cooked.
• While this the dal is getting cooked, we will proceed to cook the vegetables.

• In a wok or a kadai, heat a teaspoon of oil lightly stir fry the cauliflower florets and beans with a pinch of salt and turmeric until it is just about cooked.
• Take care not to cook it too soft.
• Once done, stir in the spice powder mix and turn off the heat.
• Once the dal is almost cooked add the stir fried vegetables along with pumpkin and green peas to the dal.
• Add salt as per taste.
• Let all the vegetables get cooked along with the dal.
• Once done turn off the heat.
• Adjust the consistency of the dal by adding a little water if required.
• The final step is to make the seasoning for the dal.

• Saute on medium for a few seconds and then pour the seasoning over the vegetable dal.
• Stir in the sugar, check the salt and cover the pan for the flavours to mingle and simmer the dal for a couple of more minutes.
• Once done, turn off the heat and serve.

Macronutrients

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