DietCloud – Recipe

Recipe Name: Gujarati Vaghareli Mag Recipe - Whole Green Moong Dal Sabzi Recipe

Diet Type: Vegetarian

Course: Lunch

Cuisine: Gujarati Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Green Moong Dal (Whole) - soaked overnight	4
• 1 teaspoon Cumin seeds (Jeera)	
• 1 sprig Curry leaves - torn	
• 2 inch Ginger - finely chopped	
• 1 Green Chillies - finely chopped or slit	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 Lemon - juice extracted	
• 6 sprig Coriander (Dhania) Leaves - finely chopped	
• 1 teaspoon Sunflower Oil	
• 1 teaspoon Salt - or to taste	

Preparation

• To begin making the Jain Style Whole Green Moong Dal Sabzi or Vagharela Mag, soak the moong dal overnight for about 6-7 hours.
• Once soaked, cook the moong dal along with salt and with 1 of water including the water that it was soaked in.
• Pressure cook for 3-4 whistles and turn off the heat.

• Add the cooked moong dal and stir gently to combine all the ingredients.
• Taste and adjust the salt to suit your taste.
• Cover Whole Green Moong Dal Sabzi / Vagharela Mag with a light fitting lid and simmer for 4 to 5 minutes until tender and all the ingredients are well combined.
• Finally squeeze the lemon juice, add the coriander leaves and give the Vagharela Mag a gentle stir.
• Turn off the heat and serve warm.

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Macronutrients

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