DietCloud – Recipe

Recipe Name: Moolangi Tovve Recipe - Moolangi Tavve Recipe

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 3 radishes - peeled and chopped	4
• 1/2 cup yellow moong dal	
• 1 tsp turmeric powder	
• 2 green chillies - finely chopped	
• 1 tsp ginger - grated	
• 2 tbsp coconut - grated	
• 1 tbsp ghee	
• 1 teaspoon mustard	
• 2 dry red chillies	
• asafetida - a pinch	
• coriander leaves - a little	
• 1 lemon - cut	

Preparation

• To make the Mulangi Tauvee recipe, first wash the moong dal thoroughly.

• Now pour it in a pressure cooker along with radish, turmeric powder, green chilli and 1-1 / 5 cup water.

• Turn on the gas, and cook for 3 cities.

• Let the pressure drain automatically.

• After the pressure comes out, open the cooker and take out the lentils.

• Heat oil in a pan.

• After the oil is hot, add mustard seeds, dry red chilies and fry it.

• Now add the dal mixture, ginger, salt and 1-1 / 2 cups of water and mix it.

• Let it boil until thick.

• Once done, add green coriander, coconut and mix well.

• Serve the Moolangi Tauvewe recipe with Masala Bhindi, Phulka and Kachumbar Salad.

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Macronutrients

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