DietCloud – Recipe

Recipe Name: Mini Dal Mature Chat Recipe - That Perfect Party Snack

Diet Type: Vegetarian

Course: Appetizer

Cuisine: Sindhi

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Whole Wheat Flour	30
• 1 cup All Purpose Flour (Maida)	
• 1 teaspoon Ajwain (Carom seeds)	
• 1 teaspoon Cumin seeds (Jeera)	
• 2 tablespoons Ghee	
• Salt - as needed	
• Sunflower Oil - for deep frying	
• 1 cup Chana dal (Bengal Gram Dal)	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Garam masala powder	
• 1/4 teaspoon Red Chilli powder	
• 1 teaspoon Amchur (Dry Mango Powder)	
• 1/2 teaspoon Sugar	
• Salt - as needed	
• 1 tablespoon Ghee	
• 1/4 teaspoon Asafoetida (hing)	
• 1 teaspoon Cumin seeds (Jeera)	
• 2 Green Chillies - slit	
• 1 sprig Curry leaves	
• 1/4 cup Sweet Chutney (Date & Tamarind)	
• 1/4 cup Green Chutney (Coriander & Mint)	
• 1 Onion - finely chopped	
• 1/2 cup Fresh Pomegranate Fruit Kernels	
• 1/4 cup Sev	

Preparation

- To begin making the Dal Pakwan Chaat, we will first make the Pakwan and keep it ready.
- Sift both the flours together.

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- Add ajwain, cumin, salt and ghee and mix all together into the flour.
- Knead the flour into a smooth dough adding water little at a time.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	2	4	2