DietCloud – Recipe

Recipe Name: Togarikaayi Usli Recipe

Diet Type:

Course: Lunch

Cuisine: North Karnataka

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups green tur dal - fresh	4
• 1/4 cup oil	
• 10 green chilies	
• 2 garlic	
• 1/2 cup green coriander - chopped	
• salt - as per taste	
• 1 tablespoon butter	
• 1 teaspoon mustard	

Preparation

- To make Togrikayi Usli recipe, first heat the oil in a pressure cooker.
- Add mustard seeds and let it splutter.
- Now add green chilies and mix.
- After 1 minute add fresh green tur dal and mix.
- After 2 to 3 minutes add water as per your requirement.
- (3/4 green lentils should be covered with water).
- Close the cooker and cook till 1 city comes.
- Let the pressure drain automatically.
- Open the cooker and add salt, coriander, garlic to it.
- Mix and close the cooker.
- Cook again until 1 city comes.
- After the pressure comes out, open the cooker, add butter and mix well.
- Serve.
- Serve the Togarikayi Usli with tomato onion sambar, chow chow thoran and rice for dinner.

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Macronutrients

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