DietCloud – Recipe

Recipe Name: BROWN RICE MOONG DAL PONGAL

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

Ingredients
Rice & Dal: 1/2 cup brown rice and 1/2 cup yellow moong dal.Liquids: 3 to 4 cups water (brown rice requires a higher water ratio of approximately 1:4 to achieve a mushy consistency).Tempering (Tadka): 2 tablespoons ghee, 1 teaspoon cumin seeds (jeera), 1 teaspoon whole black peppercorns (lightly crushed), 1-inch piece of grated ginger, a few curry leaves, and a pinch of asafoetida (hing).Optional: 10–12 cashew nuts and 1–2 slit green chilies.
Instructions
Soaking: Wash the brown rice and moong dal thoroughly. Soak the brown rice for at least 1 to 2 hours (ideally 3–8 hours for better texture and digestion).Pressure Cooking: Combine the soaked rice, dal, and water in a pressure cooker. Add a pinch of salt and turmeric (optional).Whistles: Cook on medium heat for 5–6 whistles (approximately 3 whistles more than regular rice) to ensure the brown rice is soft and mushy.Mashing: Once the pressure releases naturally, open the lid and mash the mixture slightly with a ladle to reach a creamy consistency. If it is too dry, add a little hot water.Tempering: In a small pan, heat ghee. Fry the cashews until golden. Add cumin seeds, peppercorns, ginger, green chilies, curry leaves, and hing. Sauté until aromatic.Final Mix: Pour the hot tempering over the cooked rice and dal. Mix well and serve hot.

Ingredients

Ingredient	Quantity
• Need to Fill	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	70	16	8	2