

Recipe Name: Pasi Paruppu Kosumalli Recipe (Spiced Lentil Salad Recipe)

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Yellow Moong Dal (Split)	4
• 1 Cucumber - finely chopped	
• 1 Carrot (Gajjar) - grated	
• 1/4 cup Fresh coconut - grated	
• 2 tablespoon Lemon juice	
• Salt - to taste	
• 1 teaspoon Sunflower Oil	
• 1 teaspoon Mustard seeds	
• 2 Green Chillies - slit	
• 1/2 teaspoon Asafoetida (hing)	
• 1 sprig Curry leaves - roughly torn	
• Coriander (Dhania) Leaves - chopped	

Preparation

- We begin making Pasi Parupu Kosumalli Recipe (Spiced Lentil Salad Recipe) by washing and soaking the dal for half an hour.
- Drain the water.
- Keep all the vegetables prepped and set it aside.
- Heat the skillet with oil and temper it with mustard seeds, asafoet.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	15	30	10	5	5