

Recipe Name: Andhra Style Lettuce Pulp Recipe (Spinach Dal Recipe)

Diet Type: Vegetarian

Course: Lunch

Cuisine: Andhra

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Arhar dal (Split Toor Dal)	4
• 1/2 cup Yellow Moong Dal (Split)	
• 1 cup Spinach Leaves (Palak) - Washed and chopped	
• 1 cup Pearl onions (Sambar Onions)	
• 2 Green Chillies - slit	
• 1 teaspoon Turmeric powder (Haldi)	
• 1/2 cup Tamarind Water	
• Salt - to taste	
• 1 teaspoon Mustard seeds	
• 4 cloves Garlic - coarsely pound	
• 1 sprig Curry leaves	
• 2 Dry Red Chillies	
• 1 teaspoon Sunflower Oil	

Preparation

- To begin making the Andhra Style Palakura Pappu, add Arhar dal/toor dal into a pressure cooker with 2 cups water and pressure cook for about 3 whistles.
- Switch off the heat and allow it release the pressure by itself.
- Once the pressure is released, open the.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
170	9	25	7	4	2