

Recipe Name: Phalguni Dal (Recipe)
Diet Type: Vegetarian
Course: Lunch
Cuisine: Bengali Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 1/4 cup lentils - wash	2
• 1/4 cup green peas	
• 1 cup onion - finely chopped	
• 1 tomato - finely chopped	
• 1/2 inch ginger - grated	
• 2 cloves garlic - grated	
• 2 green chillies - Cut	
• 1/2 teaspoon turmeric powder	
• salt - as per taste	
• 1 teaspoon mustard	
• 1/2 teaspoon fenugreek seeds	
• 1/2 teaspoon cumin seeds	
• 1/2 teaspoon aniseed	
• 1/2 teaspoon Kalonji seeds	
• 1 teaspoon garam masala powder	
• 2 teaspoons mustard oil	
• asafetida - a pinch	

Preparation

- To make phalguni dal, first put dal in a pressure cooker.
- Add tomatoes, onions, ginger and garlic to it.
- After this, add 1-1 / 2 cups of water.
- Melt, close the cooker and cook till 3 cities come.
- After coming to 3 cities, turn off the gas and let the pres.

Macronutrients



Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
400	20	60	10	10	5

