

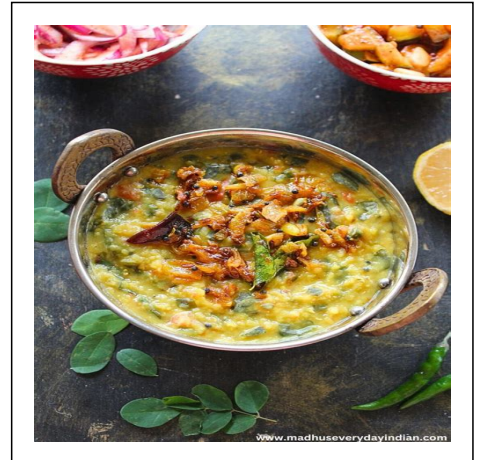
Recipe Name: Moringa Masoor Dal Recipe - Drumstick Leaves Dal

Diet Type: Vegetarian

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Pink Masoor Dal (Split)	4
• 200 grams Drumstick Leaves (Moringa/Murungai Keerai) - cleaned chopped	
• 1/4 teaspoon Asafoetida (hing)	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 inch Ginger - finely chopped	
• 1 Dry Red Chilli	
• 1 Tomato - chopped	
• 1 Green Chilli - slit	
• 2 teaspoons Coriander Powder (Dhania)	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Red Chilli powder	
• Salt - to taste	
• 1 tablespoon Ghee	
• 1 Lemon - juice extracted	

Preparation

- To prepare the Methi Masoor Dal Recipe, first wash and soak the masoor dal in 3 cups of water for at least 30 minutes.
- While the dal is soaked clean, wash and pat dry the fenugreek leaves.
- Next, finely chop the drumstick leaves.
- Heat a teaspoon of oil in a.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
170	9	30	4	8	2