

Recipe Name: Green Moong Dal Sundal Recipe - Green Moong Dal Sundal Recipe

Diet Type: Vegetarian

Course: Side Dish

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 tsp sesame oil	4
• 1 tsp rye	
• 1 tsp cumin	
• 1/4 tsp asafoetida	
• 2 sprig curry leaves	
• 2 green chillies - chopped	
• salt - as per taste	
• 2 tbsp coconut - tighten	
• 1 Cup sprouted moong	
• 1 tbsp lemon juice	
• 2 sprig coriander - chopped	

Preparation

- To make green moong dal sundal recipe, first of all sprout green moons or you can also use sprouted green moong from the market.
- Now heat oil in a pan.
- Add mustard seeds and let it splutter.
- Add the cumin seeds, asafoetida, green chillies and curry leaves.

Macronutrients

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