

Recipe Name: Peeled Moong Dal Curry Recipe
Diet Type: Vegetarian
Course: Dinner
Cuisine: North Indian Recipes
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1/2 cup Green Moong Dal (Split)	3
• 1 Onion - finely chopped	
• 2 cloves Garlic	
• 3 Cloves (Laung)	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 2 Green Chillies	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1 Tomato - chopped	
• 1 teaspoon Garam masala powder	
• Salt - to taste	
• 2 tablespoons Ghee - or oil	
• Coriander (Dhania) Leaves - for garnishing	

Preparation

- To begin making the Chilke Wali Mung Dal Curry recipe, wash and drain the split mung bean dhal.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	15	60	10	10	5