

Recipe Name: Sookhi Moong Palak Dal Recipe (Whole Green Moong Gram with Spinach)

Diet Type: Vegetarian

Course: Side Dish

Cuisine: North Indian Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 cup Green Moong Dal (Whole) - soaked overnight	4
• 1/2 cup Spinach Leaves (Palak) - chopped and boiled	
• 2 Tomatoes	
• 1-1/2 tablespoons Mustard oil	
• 1 teaspoon Cumin seeds (Jeera)	
• 2 Onions - chopped	
• 5 cloves Garlic - minced	
• 1 inch Ginger - minced	
• 2 Green Chillies	
• Salt - to taste	
• 1/4 Onion - few slices	
• 1 Green Chilli - to garnish	
• Coriander (Dhania) Leaves - few	

Preparation

- To begin making the Sookhi Moong Palak Dal Recipe, first drain the water from the soaked green moong and keep it aside.
- In a mixer-grinder, add the spinach and tomatoes and puree them together.
- Keep this aside.
- Heat the mustard oil in an iron kadhai and add.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	15	60	10	8	5