

Recipe Name: Potato Stuffed Dal Dhokli Recipe
Diet Type: Vegetarian
Course: Lunch
Cuisine: North Indian Recipes
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 cup Whole Wheat Flour • Salt - to taste • 1 tablespoon Sunflower Oil • Whole Wheat Flour - for rolling • 3 Potato (Aloo) - boiled and mashed • 1 tablespoon Red Chilli powder • 1/2 tablespoon Garam masala powder • 2 tablespoon Coriander (Dhania) Leaves - chopped • 1 tablespoon Sugar - optional • 1/2 tablespoon Lemon juice • 1 cup Arhar dal (Split Toor Dal) - boiled and ground • 1/4 tablespoon Turmeric powder (Haldi) • 1/3 cup Raw Peanuts (Moongphali) - boiled • Salt - to taste • 1 Tomato - finely chopped • 1 Green Chilli - finely chopped • 1 inch Ginger - grated • 1/2 tablespoon Lemon juice • 3 tablespoon Jaggery - chopped • 1 tablespoon Sunflower Oil • 1/2 tablespoon Mustard seeds • 1/2 tablespoon Cumin seeds (Jeera) • 1/4 teaspoon Asafoetida (hing) • 10 Curry leaves • 2 Dry Red Chillies • 1 Cinnamon Stick (Dalchini) • 2 Cloves (Laung) • 1 Bay leaf (tej patta) • 4 tablespoon Coriander (Dhania) Leaves - chopped	4



Preparation

- To prepare Potato Stuffed Dal Dhokli Recipe, get prep with all the ingredients mentioned and proceed with making the dumplings.
- Start with sieving the flour with salt and knead into a semi-stiff dough with enough water.
- Cover the dough with a lid and keep.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	18	60	14	8	4

