DietCloud – Recipe

Recipe Name: MICROGREENS DAL

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

Ingredient Selection
The Dal: Toor dal (split pigeon peas) or Moong dal (split yellow lentils) are the most common bases due to their creamy texture.
Best Microgreens:
Fenugreek (Methi): Adds a traditional, slightly bitter, earthy flavor.
Radish (White/Red): Provides a peppery, sharp kick.
Mustard: Adds a mild pungency, reducing the need for green chilies.
Broccoli or Sunflower: Best for a mild, nutty taste and high mineral content (iron, calcium).
Aromatics: Generous amounts of garlic, mustard oil (for depth), and cumin seeds.
2. Core Cooking Methods
Method Cooking Order
Sauté-Last (Flavorsome) Pressure cook the dal separately. In a pan, sauté garlic, tomatoes, and spices. Add microgreens at the very end and sauté for just 1–2 minutes until wilted before mixing into the dal.
One-Pot (Quick) Pressure cook dal and microgreens together (suitable for hardier varieties like fenugreek). Cook for 3–5 whistles, then mash and add tempering.
Raw Topping Cook the dal as usual. Use fresh, washed microgreens purely as a garnish just before serving to preserve maximum heat-sensitive vitamins like Vitamin C.

Ingredients

Ingredient	Quantity
• Need to Fill	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	22	60	10	10	5