DietCloud – Recipe

Recipe Name: CHICKEN DAL

Diet Type: Non-Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

Common Ingredients
Protein: Bone-in chicken pieces (for better flavor) or boneless thighs/breast.
Lentils: Typically 1 cup of Chana, Masoor, or Moong dal (soaked for at least 30 minutes to 2 hours).
Aromatics: Onions, tomatoes, ginger-garlic paste, and green chilies.
Spices: Turmeric, red chili powder, cumin seeds, coriander powder, and garam masala.
Finish: A final tempering (tadka) of ghee, mustard seeds, dried red chilies, and curry leaves.
3. Basic Preparation Method
Prep Dal: Boil the soaked lentils with turmeric and salt until tender. For Chana Dal, ensure it is soft but not mushy.
Cook Chicken: In a separate pan, sauté onions, ginger-garlic paste, and tomatoes. Add the chicken and spices, frying until the chicken is browned and halfway cooked.
Combine: Mix the cooked dal with the chicken. Add water to adjust the consistency and simmer for 15–20 minutes until the chicken is fully tender and flavors meld.
Tempering: Pour a hot tempering of oil/ghee, cumin, and whole red chilies over the dish just before serving.

Ingredients

Ingredient	Quantity
• Need to Fill	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	37	40	17	10	5