

Recipe Name: Grilled lentil recipe
Diet Type:
Course: Lunch
Cuisine: Maharashtrian Recipes
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 cup Chana dal (Bengal Gram Dal)	3
• 2 Green Chillies	
• 1 tablespoon Sunflower Oil	
• 1 teaspoon Mustard seeds	
• 1 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Asafoetida (hing)	
• 1/2 teaspoon Turmeric powder (Haldi)	
• Curry leaves - Handful	
• Salt - as required	
• Sugar - a pinch	
• 1 teaspoon Lemon juice	
• Coriander (Dhania) Leaves - Handful	

Preparation

- Soak Channa dal in water for about 8 hours or over midnight.
- Drain water completely Grind dal into a fine paste with green chillies.
- Ensure not to add water to grind the dal.
- Heat oil in a kadai.
- Once the oil is hot, add mustard seeds, curry leaves, and cumin seeds.
- Allow it to splutter.
- Once they splutter, add asafoetida and turmeric leaves.
- Saute well.
- Now, add grounded dal to the kadai.
- Season with salt and sugar.
- Saute them on medium heat continuously for about 10 minutes without the lid.



- The dal might get stick to the bottom.
- Hence, ensure to stir them continuously.
- Once the dal is dry and looks like crumble, garnish with chopped coriander leaves and drizzle lemon juice on the top.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
230	18	40	2	15	3

