

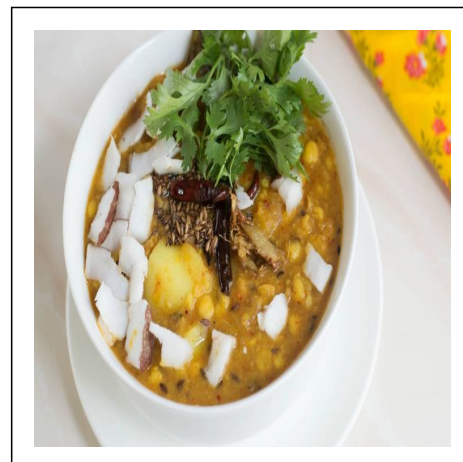
Recipe Name: Odiya Style Chana Dal With Potato & Pumpkin Curry Recipe

Diet Type: Vegetarian

Course: Dinner

Cuisine: Oriya Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 cup Chana dal (Bengal Gram Dal) - soaked for 30 minutes	4
• 1 cup Kaddu (Parangikai/ Pumpkin) - diced	
• 1 Potato (Aloo) - diced	
• 1 inch Ginger - grated	
• 1 Tomato - chopped	
• 4 teaspoon Cumin seeds (Jeera)	
• 10 Dry Red Chillies	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Ghee	
• 2-1/2 tablespoon Fresh coconut - grated	
• 1 teaspoon Sugar	
• Salt - to taste	
• Coriander (Dhania) Leaves - to garnish	

Preparation

- To prepare Odiya Style Chana Dal With Potato And Pumpkin Curry Recipe, get prep with all the ingredients and prepare roasted cumin and dry red chilli powder.
- To prepare roasted cumin and dry red chilli powder, take 3 teaspoons of cumin seeds and dry roast with 8 red chillies till aromatic.
- Care should be taken not to over roast and burn the seeds.
- Dry grind in a Grinder it and reserve a teaspoon till required.
- Store the rest of the powder in an airtight container.
- Wash and cut the potatoes into cubes along with the pumpkin and keep aside.
- Wash soaked Buta Dali (Chana dal) and bring to a boil along with potato, pumpkin, salt and turmeric in a pressure cooker up to one whistle.



- Do not overcook the chana dal.
- Heat ghee in a Pan.
- Add cumin seeds, remaining dry red chilies and bay leaf.
- When they start to splutter, add grated ginger and stir for a minute.
- Add chopped tomatoes and cook till done.
- Add the boiled dal to the above masala, grated coconut and simmer for few minutes.
- Adjust the consistency as desired.
- You can leave the curry to cook for a few more minutes to make it thick or can add a little water and make it flowy.
- Garnish it with cumin and chilli powder and chopped coriander leaves and chopped coconut.
- Serve Chana Dal With Potato And Pumpkin Curry Recipe with Puri or Rice for lunch or dinner.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	15	60	8	12	5

