

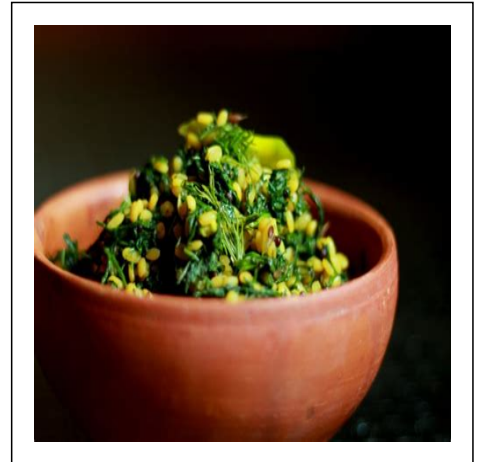
Recipe Name: Shepuchi Bhaji Recipe (Stir Fried Maharashtrian Suva/Dill Greens)

Diet Type:

Course: Dinner

Cuisine: Maharashtrian Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 6 sprig Dill leaves - cleaned and chopped	2
• 1 Onion - finely chopped (optional)	
• 3 Garlic - cloves	
• 3 tablespoons Yellow Moong Dal (Split) - soaked in water for 30 mins	
• 3 Green Chillies - chopped	
• 1 tablespoon Sunflower Oil	
• 1 teaspoon Mustard seeds	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1/4 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	

Preparation

- To begin making the Shepuchi Bhaji Recipe first wash and thoroughly clean the dill leaves thoroughly.
- After cleaning and washing the dill greens, drain them in a colander for few minutes and pat dry between kitchen towels to remove excess water.
- Soak the moong dal for at least 30 mins before preparing the dill stir fry.
- Place a wok or kadhai on the heat and warm some oil in it.
- Add the mustard seeds and allow them to crackle a little.
- Next, add cumin seeds, followed by the chopped onion (if using).
- Toss these together.
- Next, add the garlic and green chillies and saute again for 1-2 minutes.
- Add the turmeric powder and the moong dal next and mix well.
- Then cover the pan and allow the moong dal to cook for about 3-4 minutes.
- Take care not to burn the dal, and you can add a tablespoon of water, if required.
- Take the cover off the pan, and add the chopped dill greens.



- Toss well, season with salt keeping in mind that the greens will will and reduce in volume once cooked, so add salt accordingly.
- Mix well and cook covered for another 7-8 minutes till the greens are just cooked, and not overcooked.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
70	3	10	3	4	1

