

Recipe Name: Raw Mango Dal Fry Recipe
Diet Type: Vegetarian
Course: Side Dish
Cuisine: North Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 1 Cup Arhar dal (Split Toor Dal)	2
• 2 Tablespoon Mango (Raw) - Grated	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Red Chilli powder	
• 1 Tomato - chopped	
• 2 Green Chillies - Slit	
• 1 sprig Curry leaves - Curry Leaves	
• 1 Onion - chopped	
• 2 Dry Red Chillies	
• 4 cloves Garlic - minced	
• Salt - to taste	
• 1 teaspoon Ghee - for tadka	

Preparation

- To begin making Raw Mango Dal Fry Recipe, prep all the ingredients first.
- Into the pressure cooker, add the dal, salt red chilli powder, turmeric powder, slit green chilli, tomato and grated raw mango into the cooker.
- Add 2 cups of water and pressure cook for 3 to 4 whistles until the dal is cooked.
- Once done, allow the pressure to release naturally.
- Open the cooker and use a wooden ladle to make the Raw Mango Dal Fry mushy.
- Keep it aside.
- Heat ghee in a kadai/wok and add whole red chillies into it.
- Add the diced onions and cook them till they become translucent in colour.
- Once onions are ready then add minced garlic and curry leaves and saute them for at least 1 minute.
- Now add the cooked Raw Mango Dal Fry into the pan and let it cook for 5-7 minutes.
- Add more water if you feel that dal has become too thick.



- Adjust salt as per your taste.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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