

Recipe Name: Moong Dal Dubka Recipe
Diet Type: Vegetarian
Course: Side Dish
Cuisine: North Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Yellow Moong Dal (Split) - soaked for an hour	4
• 2 Tomatoes	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 2 tablespoons Mustard oil	
• Salt - Salt to taste	
• 1 Onion - roughly chopped	
• 1 inch Ginger	
• 4 cloves Garlic	
• 3 Dry Red Chillies	
• 1 teaspoon Cumin seeds (Jeera)	
• 2 tablespoons Coriander (Dhania) Seeds	
• 1 teaspoon Whole Black Peppercorns	

Preparation

- Make a fine paste of the ingredients mentioned in the spice paste table using a mixer and keep aside.
- Smoke mustard oil in a wide pan on medium heat till it is seasoned well.
- Add the ground spice paste into it and fry until the raw smell of the onion garlic goes away.
- Add the tomato puree, turmeric powder, season with salt and saute until the tomato puree is cooked well.
- Now, add the coarsely ground moong dal mix and enough water and let it simmer until the dal is cooked.
- It keeps getting thicker, so adjust the amount of water to your desired consistency and season with required salt.



Macronutrients

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