



- Now heat ghee in a tempering pan.
- When the ghee becomes hot, add Kashmiri chilli powder to it and after 30 seconds add it to the dal.
- Now add lemon juice and garnish with green coriander.
- Serve Punjabi Sabut Moong Dal with Gourd Bada Ki Sabzi and Phulka for dinner.

Macronutrients

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