

Recipe Name: Dal Dhokli Recipe With Sprouted Moong Dal

Diet Type: Vegetarian

Course: Lunch

Cuisine: Gujarati Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 3/4 cup Whole Wheat Flour • 1/4 cup Gram flour (besan) • 1 teaspoon Red Chilli powder • 1/2 teaspoon Turmeric powder (Haldi) • 4 sprig Coriander (Dhania) Leaves - finely chopped • 1 cup Green Moong Sprouts - steamed • 1 teaspoon Coriander Powder (Dhania) • 1/2 teaspoon Turmeric powder (Haldi) • 1 teaspoon Red Chilli powder • 1 inch Cinnamon Stick (Dalchini) • 1 Kokum (Malabar Tamarind) • 2 tablespoons Jaggery - powdered • 2 tablespoons Raw Peanuts (Moongphali) • 1 tablespoon Coriander (Dhania) Leaves - finely chopped • 1/2 tablespoon Lemon juice • Salt - to taste • 1/2 teaspoon Cumin seeds (Jeera) • 1/2 teaspoon Mustard seeds • 2 Green Chillies - slit • 1 sprig Curry leaves • 1/4 teaspoon Asafoetida (hing) • 2 tablespoon Ghee	4

Preparation



- Keep the dhokli aside.
 - To Make Dal DhokliInto a pressure cooker, add the sprouts, turmeric powder, salt, cinnamon stick, kokum , jaggery, salt and 2 cups of water.
 - Close the pressure cooker and pressure cook for two whistles.
 - Turn off the heat and allow the pressure to release naturally.
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- Once the dal comes to a boil, add the dhokli into the dal and allow it to simmer and get cooked in the dal.
 - This will not take more than 5 minutes to cook the dhokli.
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- Add the mustard seeds, cumin seeds and allow it to crackle.
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- Finally squeeze in the lemon and stir in the coriander leaves and serve.

Macronutrients

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