

Recipe Name: Chana Methi Dal Recipe - Fenugreek & Split Bengal Gram Curry

Diet Type: Vegetarian

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Chana dal (Bengal Gram Dal)	4
• 1 cup Methi Leaves (Fenugreek Leaves) - a bunch	
• 1/4 teaspoon Asafoetida (hing)	
• 1 Onion - thinly sliced	
• 1 Tomato - chopped	
• 1 teaspoon Coriander Powder (Dhania)	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Red Chilli powder	
• Salt - to taste	
• 1 tablespoon Ghee	
• 1 teaspoon Cumin seeds (Jeera)	
• 2 Dry Red Chillies	

Preparation

- To prepare the Chana Methi Dal, first wash and soak the chana dal in 3 cups of water for at least 30 minutes.
- While the dal is soaked clean, wash and pat dry the fenugreek leaves.
- Next, finely chop the methi leaves.
- Saute the methi leaves, until it gets softened.
- Methi leaves cooks very quickly and this will take less than 3 minutes to cook.
- Once the leaves have softened, turn off the heat.
- Keep it aside.
- In the next step, we will cook the Chana dal with the spices.
- Heat a teaspoon of oil in a pressure cooker over medium heat.



- Next add onion and saute till they turn soft.
 - Once the onions have softened, add the chopped tomato along with coriander powder, turmeric powder, red chili powder and saute for a minute or so over medium heat.
 - Add soaked chana dal along with the soaked water to the onion tomato mixture.
 - Close the lid of the pressure cooker and put the weight on.
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- Once the pressure has released, open the cooker and lightly mash the dal with the back of a spoon.
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- Heat ghee in a tadka pan over medium heat; add the cumin seeds and the red chillies.
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- Serve Chana Methi Dal along with Raita for a wholesome weekday lunch.

Macronutrients

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