

Recipe Name: Methi Moong Dal Recipe
Diet Type: Vegetarian
Course: Lunch
Cuisine: North Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 1 ?? ???? ???? ??? - ????????	4
• ???? - ?????	
• 1/4 ???? ????? ?????	
• 1 ???? ????? ?????	
• 1 ????? - ???? ?? ???? ??? ??	
• 1 ????? - ??? ??	
• 2 ???? ????? ????? ?????	
• 1 ???? ????? ????? ?????	
• 1 ???? ????? ??? ????? ?????	
• ??? - ????? ?????	
• 2 ???? ????? ???	

Preparation

- To make Methi Moong Dal recipe, soak moong dal in 3 cups of water for 30 minutes.
- Now wash and dry the fenugreek as well.
- Finely chop the fenugreek and keep it aside.
- Heat oil in a pan.
- Add fenugreek to it and cook till the fenugreek becomes soft.
- After the fenugreek becomes soft, turn off the gas and keep it aside.
- Now heat the oil in a pressure cooker.
- Add asafetida, cumin seeds and cook until the cumin seeds crackle.
- Now add onion and cook till it becomes soft.
- After the onion becomes soft, add tomatoes, coriander powder, turmeric powder, red chili powder and cook it for 1 minute.
- Now add moong dal and water and close the cooker.
- Cook till 2 to 3 cities come.



- Now reduce the flame and cook for 5 minutes.
- Turn off the gas and let the pressure drain.
- Open the cooker, mix and serve.
- Serve Methi Moong Dal Recipe along with celery tomato lady finger, phulka and gourd raita for dinner.

Macronutrients

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