

**Recipe Name:** Chironji dal recipe  
**Diet Type:** Vegetarian  
**Course:** Lunch  
**Cuisine:** North Indian Recipes  
**Quantity:**



## Ingredients

| Ingredient                                            | Quantity |
|-------------------------------------------------------|----------|
| • 1 cup Chironji - soaked in water                    | 4        |
| • 250 grams Bhindi (Lady Finger/Okra) - chopped small |          |
| • 1 teaspoon Cumin seeds (Jeera)                      |          |
| • 1 Cardamom (Elaichi) Pods/Seeds                     |          |
| • 1 teaspoon Whole Black Peppercorns                  |          |
| • 1 inch Ginger - chopped                             |          |
| • 2 Green Chilli - slit                               |          |
| • 1 teaspoon Kashmiri Red Chilli Powder               |          |
| • 1 tablespoon Coriander Powder (Dhania)              |          |
| • 2 tablespoon Curd (Dahi / Yogurt)                   |          |
| • Salt - to taste                                     |          |
| • Sunflower Oil                                       |          |

## Preparation

- To begin making the Chironji Ki Dal, soak the chironji seeds in water for at least 1 hour and drain the water.
- Rub the seeds against your palm to remove the outer layer and discard them.
- Grind the cleaned seeds in mixer to a coarse paste and keep it aside.
- Heat a flat skillet with oil, add cumin seeds, cardamom, pepper corns and allow it to splutter for few seconds.
- Add ginger and cook till it softens.
- Add chopped ladies finger, green chilli, sprinkle little salt and turmeric and cook till the ladies finger is done.
- This will take about easily 10 minutes.
- At the end add the ground chironji seed and mix well.



- Check for salt and add little water to adjust the consistency.

## Macronutrients

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

