

Recipe Name: Vegetable Dal Pakor Recipe - Dal Bhajiya
Diet Type: Vegetarian
Course: Snack
Cuisine: North Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Chana dal (Bengal Gram Dal) - soaked overnight	4
• 1/2 cup Yellow Moong Dal (Split) - soaked overnight	
• 1 Carrot (Gajar) - grated	
• 1 Onion - finely chopped	
• 2 Green Chillies - finely chopped	
• 2 inch Ginger - finely chopped	
• 1/2 teaspoon Enos fruit salt	
• 1/2 teaspoon Red Chilli powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 tablespoon Fennel seeds (Saunf)	
• Coriander (Dhania) Leaves - small bunch	
• Salt - to taste	
• Sunflower Oil - for frying	

Preparation

- To begin making the Vegetable Dal Pakora, into a preheated pan roast the fennel seeds till aromatic.
- Remove from the pan and allow to cool.
- Once the fennel seeds have cooled crush them coarsely in a mortar and pestle and keep them aside.
- Add very little water and blend to make a coarse batter.
- Check the salt and spice levels and adjust to suit your taste.
- Add spoonful of the Vegetable Dal Pakora Batter into each cavity; drizzle some oil onto the dal pakoras and allow to steam.



- Once you notice the top of the pakora cooked, flip it over and drizzle a little more oil and pan fry them on medium heat until browned on all sides and also cooked inside.
- Proceed the same way with the remaining pakora batter.

Macronutrients

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