DietCloud – Recipe

Recipe Name: Dal Tadka Recipe Flavored with Lemon and Coriander

Diet Type: Vegetarian

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Yellow Moong Dal (Split) • 1 tablespoon Butter • 1 teaspoon Ghee • 1 inch Ginger - grated • 1/4 teaspoon Cumin seeds (Jeera) • 1/2 teaspoon Turmeric powder (Haldi) • 1 Bay leaf (tej patta) - torn into half • 2 Green Chillies - slit • 4 sprig Coriander (Dhania) Leaves - finely chopped • Lemon juice - as required • Salt - to taste	3

Preparation

• To begin making Dal Tadka Recipe, cook the lentils (split moong dal) with 2 and half cups of water, turmeric powder and salt until soft.
• Whisk the dal if you like a finer texture, else let the dal have grainy texture.
• Allow it to rest in the pan/pressure cooker it was cooked.
• Heat a teaspoon of ghee in a small pan; add in the cumin seeds and allow it to crackle.
• Next add in the ginger, green chillies and bay leaf and stir fry for a few seconds.
• Add the seasoning to the cooked lentils.
• Give the lentils along with the seasoning a brisk boil , add in the butter and adjust the salt levels to suite your taste.
• After a couple of minutes of boiling the dal, turn off the the heat, squeeze in the lemon juice and stir in the chopped coriander leaves.

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Macronutrients

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