



Ingredients

3/4 cup green gram dal
1/4 tsp turmeric powder

For seasoning

1 medium sized tomato, chopped
1 onion, chopped
1/2 tsp cumin seeds
2 green chillies, slit
1/2 tsp chilli powder
1 tsp oil/ ghee
2 tbsp coriander leaves

Nutrients

Approx. calories per serving: 162 kcal

Procedure

Place the washed dal along with water and turmeric in a 20cm Tall unit. Cook the dal following instructions mentioned in the Everyday Cooking section.

For the seasoning, preheat a 16cm Regular unit on medium heat until the Thermo Indicator reaches the green mark. Reduce the heat, add oil or ghee followed by cumin seeds and allow it to splatter. Then add chopped onions and fry till golden brown. Add chopped tomatoes to this followed by chilli powder and cook until the tomatoes are soft cooked.

Add this to the dal and simmer for a few minutes, add green chilli and chopped coriander. Serve with rice or chapati.