



Dhal

Ingredients

- 0.25 cup Green lentils
- 0.25 cup Black lentil
- 0.25 cup Chickpeas
- 0.25 cup Yellow lentil
- 40 g Shallots, chopped
- 1 tbsp Vegetable Oil
- 1 tbsp Ginger paste
- 1 tbsp Garlic paste
- 1 tsp Coriander Powder
- 1 tsp Mango powder
- 1 tbsp Ground Garam Masala
- 1 Medium green chili pepper
- 10 pieces Curry leaves
- 2 tsp Tomato Paste
- 6 cups water
- 2 cubes MAGGI® Chicken Bouillon
- 3 tbsp Coriander leaves, chopped

Instruction

1. Soak all 4 lentils in cold water for 1 hour, drain and set aside. In a deep saucepan, sauté shallots in vegetable oil until soft. Add ginger and garlic paste, coriander seed powder, mango powder, garam masala, green chili, curry leaves and tomato paste and cook for an extra minute.
2. Add drained dhal to the pan plus water and 2 cubes of MAGGI® Chicken Bouillon and simmer over medium-low heat until dhal is fully cooked and sauce is pulpy.
3. Transfer to a serving dish and garnish with chopped coriander leaves and serve with naan or steamed rice.

Nutrition

Carbohydrates	21.64 g
Energy	143.38 kcal
Fats	3.76 g
Protein	7.61 g

🕒 60 Minutes

⊕ 7 Servings