



SPINACH MUNG DAL

SERVES: 4

PREPARATION TIME: 10 MIN.

COOKING TIME: 10 TO 15 MIN

INGREDIENTS:

- MUNG DAL(YELLOW SPLIT)--1CUP
- SPINACH (FINELY CHOPPED) ---- 2CUP
- CANOLA OIL (CAN BE YOUR PREFERENCE) --- 1TBS
- GHEE (CLARIFIED BUTTER)--1TBS. (FOR EXTRA FLAVOUR)
- CUMIN SEEDS--1TSP
- ASOFETADA- (HING)---1/4 TSP
- TURMERIC-----1/2TSP
- CORIANDER POWDER--1TSP
- RED CHILI POWDER--1/4TSP (YOU CAN AVOID)
- GARAM MASALA POWDER--A PINCH
- BAYLEAF--1
- GRATED GINGER-1 TSP
- GREEN CHILI (NICELY CHOPPED)-1TSP(YOU CAN AVOID THIS)
- GREEN CORIANDER -FINELY CHOPPED TO GARNISH)- 2TBS
- SALT--1TBS OR ACCORDING TO YOUR TASTE.
- LIME JUICE-1TSP
- WATER-4CUP

METHOD OF COOKING:

1. WASH MUNG DAL NICELY.KEEP IT ASIDE.
2. WASH AND CHOPPED SPINACH.
3. CUT GREEN CHILI (IF YOU ARE USING)AND GRATE FRESH GINGER.
4. TAKE A DEEP MEDIUM SIZE PAN AND PUT IT ON COOKING STOVE.
5. PUT OIL IN IT ONCE POT IS WARM ENOUGH.
6. NOW PUT CUMIN SEEDS, ONCE START CRACKING PUT HING IN IT.
7. PUT GRATED GINGER, CHOPPED CHILLIES AND BAY LEAF. AND STIR IT LITTLE BIT
8. NOW YOU CAN PUT CHOPPED SPINACH, STIR IT WITH THE HELP OF COOKING SPOON.COOK ON LOW MEDIUM HEAT.
9. ADD ALL THE SPICES NOW-----TURMERIC, CORIANDER POWDER, GARAM MASALA,RED CHILI POWDER.
10. STIR IT FOR 2 MIN.
11. NOW ADD NICELY WASHED MUNG DAL AND MIX WITH SPINACH VERY WELL FOR 1 MIN.
12. ADD WATER NOW AND PUT SALT IN IT.
13. KEEP IT COVERED UNTIL STARTS BOILING.PUT THE HEAT DOWN TO LOW.
14. TAKE THE LID OFF OR KEEP ON SIDE OF THE PAN.(IF KEPT COVERED,IT WILL BOILING DOWN AND MAKE MESS).
15. LET IT COOK FOR 10 TO 15 MIN.(LOOK FOR DAL IF IT IS FULLY COOKED)FORTHAT YOU WILL SEE THAT DAL AND WATER ARE MIXED WELL.CANNOT SEE WATER SEPARATELY.
16. TURN THE GAS OFF.
17. WHEN IT LOOKS READY PUT LIME JUICE AND GHEE FOR NICE FLAVOUR. AND KEEP IT COVERED.
18. GARNISH WITH CHOPPED CORIANDER LEAVES. IT IS READY TO BE SERVE WITH HOT STEAMY RICE OR PLAIN WHEAT FLOUR CHAPATI OR ROTI.