

Dal Tadka – Restaurant style

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-food-dal-tadka-recipe>

Ingredients:

- 1 cup dal Arhar dal, Toor dal
- 1/4 cup moong dal Yellow
- 1 tablespoon sunflower oil
- 1 onion medium-size, finely chopped
- 1 tomato medium-size, . finely chopped
- 1 teaspoon minced garlic
- 1 teaspoon chili paste ginger
- 1 green chili finely chopped
- chopped coriander a handful of finely
- 1 teaspoon turmeric powder
- 1 teaspoon red chili powder
- 1 teaspoon coriander /dhania powder
- 1 teaspoon Garam Masala
- 3 drops freshly squeezed lemon juice
- 2 teaspoons ghee Desi
- 1 teaspoon asafoetida hing /
- 1 teaspoon cumin /jeera
- 3 red chili
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Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 71 grams
3. Fat: 12 grams
4. Fiber: 34 grams
5. Protein: 28 grams
6. SaturatedFat: 1 grams
7. Sodium: 50 milligrams
8. Sugar: 7 grams

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