

Coconut Black Lentil Curry (vegan dal makhani)

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/black-chickpeas-indian-recipe>

Ingredients:

- 1 cup urad dal dried whole
- 1/4 cup black chickpeas dried, see notes
- 1 tablespoon coconut oil
- 1 onion large, finely minced
- 2 inches ginger piece, finely minced
- 4 garlic cloves finely minced
- 2 teaspoons cumin seeds
- 2 teaspoons coriander seeds crushed
- 3 medium tomatoes finely chopped
- 1 teaspoon Garam Masala
- 1 teaspoon curry powder
- 1/2 teaspoon turmeric powder
- 1 teaspoon sea salt
- 15 ounces coconut milk

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 51 grams
3. Fat: 30 grams
4. Fiber: 23 grams
5. Protein: 20 grams
6. SaturatedFat: 25 grams
7. Sodium: 620 milligrams
8. Sugar: 8 grams

Thank you for visiting our website. Hope you enjoy Coconut Black Lentil Curry (vegan dal makhani) above. You can see more 17 black chickpeas indian recipe Delight in these amazing recipes! to get more great cooking ideas.