

Mrs Balbir Singh's | Dal Palak (Lentil & Spinach Curry)

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 160 grams mung dal
- 4 cups water
- 3 tablespoons sunflower oil
- 1 medium onion finely chopped
- 4 teaspoons garlic paste or 4 large cloves of garlic, finely chopped
- 4 teaspoons dal Mrs Balbir Singh, Palak Blend*
- 1 1/2 cups passata or Chopped Tomatoes
- 2 1/2 teaspoons salt or to taste
- 160 grams spinach leaves chopped
- 1 tablespoon coriander leaves Fresh, chopped for garnishing, optional

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 17 grams
3. Fat: 10 grams
4. Fiber: 5 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 1950 milligrams
8. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Mrs Balbir Singh's | Dal Palak (Lentil & Spinach Curry) above. You can see more 15 indian style palak dal recipe Try these culinary delights! to get more great cooking ideas.