

Teen Daal Tadka! (3 lentil curry)

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/dal-recipe-yellow-lentils-pakistani>

Ingredients:

- 1/2 cup daal split yellow mung, split and skinless green gram/green mung bean
- 1/2 cup daal split toor, split and skinless pigeon pea
- 1/2 cup masoor whole, red lentil
- 2 cups water
- 1/2 teaspoon turmeric
- 1/2 teaspoon salt
- 1 teaspoon oil
- 1/2 teaspoon mustard seeds Rae
- 1/2 teaspoon nigella seeds Kalonji seeds
- 1 pinch asofetida hing
- 5 curry leaves
- 1/2 teaspoon red chili flakes or to taste
- 5 cloves garlic chopped
- 1 medium tomato chopped
- cilantro for garnish, optional

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 18 grams
3. Fat: 1.5 grams
4. Fiber: 8 grams
5. Protein: 7 grams
6. Sodium: 310 milligrams
7. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Teen Daal Tadka! (3 lentil curry) above. You can see more 19 dal recipe yellow lentils pakistani You must try them! to get more great cooking ideas.