

NY Dosas' Pondicherry Dosa from 'New York a la Cart'

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-spice-rice-recipe>

Ingredients:

- 1 cup rice uncooked, any type, according to your preference
- 1 cup urad dal lentils, split and shelled
- kosher salt
- 3 whole medium potatoes
- 2 carrots
- 2 whole lettuce leaves green
- 2 bell peppers mixture of red, green, yellow, orange, seeded
- 3 ounces ginger piece of, peeled
- 2 tablespoons turmeric powder
- 2 onions medium, any type, finely chopped
- 1 tablespoon olive oil
- Indian spices
- 1 tablespoon turmeric powder
- 2 teaspoons seeds ajwain
- 2 teaspoons mustard seeds
- 2 teaspoons chili powder
- 1 teaspoon black pepper
- 4 curry leaves
- 1 tablespoon fenugreek seeds
- 3 dried chilies
- cooking spray
- 2 cups chutney coconut, for serving

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 116 grams
3. Fat: 4 grams

4. Fiber: 15 grams
 5. Protein: 11 grams
 6. SaturatedFat: 0.5 grams
 7. Sodium: 200 milligrams
 8. Sugar: 57 grams
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