

Curried Yellow Split Peas

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-tamarind-water-recipe>

Ingredients:

- 13/16 cup yellow split peas soaked in water over night then rinsed thoroughly
- 1/2 teaspoon fenugreek seed
- 1/4 teaspoon mace
- 1/4 teaspoon fennel seed
- 1/2 teaspoon cumin seed
- 1 whole chilli
- 1 onion finely chopped
- 2 garlic cloves crushed
- 1 inch ginger grated
- 1/2 teaspoon ground turmeric
- 1 cinnamon stick
- 2 tomatoes medium size, chopped
- 3 tablespoons tamarind water
- 3 3/8 tablespoons coconut milk
- 3 cups water
- 1/2 teaspoon Garam Masala
- vegetable oil little
- pepper
- salt
- 1 onion finely sliced
- vegetable oil some
- 1 pinch salt
- coriander chopped

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 37 grams
3. Fat: 14 grams
4. Fiber: 14 grams

5. Protein: 12 grams
 6. SaturatedFat: 3.5 grams
 7. Sodium: 290 milligrams
 8. Sugar: 9 grams
-

Thank you for visiting our website. Hope you enjoy Curried Yellow Split Peas above. You can see more 16 indian tamarind water recipe Get ready to indulge! to get more great cooking ideas.