

Maash Ki Daal

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/maash-daal-recipe-pakistani-faizas>

Ingredients:

- 1 cup urad dal * split and husked black gram lentils
- 1 medium onion cut into quarters
- 1 medium tomato small to, cut into quarters
- 6 garlic cloves peeled
- 1/3 cup neutral oil such as grapeseed oil
- 4 whole cloves
- 1 1/2 teaspoons coriander powder
- 1 teaspoon cumin powder
- 1 1/2 teaspoons Kashmiri red chili powder use less if using cayenne or hot red chili powder
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon black pepper powder
- 1 1/4 teaspoons salt or to taste
- 2 green chili peppers finely chopped
- 1 tablespoon ginger julienned
- 2 tablespoons cilantro finely chopped
- 1/2 teaspoon lemon juice freshly squeezed, optional

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 10 grams
3. Fat: 19 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 820 milligrams
8. Sugar: 4 grams

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