

# Adai Dosa / South Indian Mixed Lentils Dosa

Yield: 10 min  
Total Time: 220 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetable-dosa-recipe-south-indian-style>

## Ingredients:

- 1 cup rice Idli, see notes 1 cup is 200 ml measurement
- 1/3 cup tuvar dal Tur Dal or Arhar Dal
- 1/3 cup chana dal or Split Chickpeas
- 1/3 cup urad dal see notes
- onions 2 nos., Finely chopped
- curry leaves 2 nos., sprig
- 1/4 teaspoon asafoetida Hing Or, Do not add for gluten free recipe but highly recommended for taste and digestion of dals.
- red chillies 12 nos. Byadgi, see notes below
- salt to Taste
- water for soaking as required + grinding
- oil as required to cook the Adai Dosa Preferably Sesame Oil or Ghee, do not use for Vegan recipe version