Whole Green Moong Dal – Dal Recipes



Green Moong Dal is also called Pachaipayaru in Tamil. They are highly nutritious, once cooked they are soft in texture and it is easily digestible. This dal is my husband favourite recipe. This simple dal with aromatic tadka or tempering with asafoetida, red chillies, curry leaves and cumin taste great with rice or chapathi.

Ingredients

To Pressure Cook

1/4 Cup + 2 Tbsp of Whole Green Moong Dal
Pinch of Asafoetida
2 Tsp of Oil
1/2 Tsp of Turmeric
1 Large Chopped Tomato
Salt and Water as needed

To Temper

2 Tbsp of Oil
3 Red Chillies
Pinch of Asafoetida
1 Tsp of Mustard
1 Tsp of Cumin
Few Curry Leaves

Method



- Soak the dal for 1/2 hr.
- Pressure cook the dal by adding “To Pressure Cook” ingredients. Wait for 2 whistles and then keep in low flame for 10 mins and then switch of the stove.



- Heat a pan with oil and do the tempering by adding” To Temper ” ingredients. Add red chilles, let they turn to dark brown colour and then add cumin, mustard let it crackles followed by asafoetida and curry leaves.
- Now transfer the tempering items to a cooker containing dal. Mix well and check the salt.
- Hot green moong dal is ready.

Tips

- You can add onion, garlic and sambhar powder to this recipe.
- Add green chillies for extra spiciness.



Health Benefits of Green Moong Dal

- Rich source of low fat protein.

- **1 Cup of dal has 15grams of fibers.**
- **It is considered as low-glycemic.**

SENDING THIS RECIPE TO PRIYA VERSATILE RECIPES

