

# Easy Paruppu Thogayal Recipe / No coconut dal Chutney



Paruppu Thogayal / paruppu thuvaiyal / dal chutney without coconut is a very simple and delicious side dish that you can make a quick-lunch with [rasam](#) and appalam. Rasam and paruppu thuvaiyal is a yummy combo, everyone likes it, my favourite too. This is my mom's recipe, I love to eat this thuvaiyal with white rice, ghee and appalam. This easy paruppu thogayal recipe has no coconut in it, if you want you can add it. Try this you will love it.

# How to make Paruppu Thogayal Recipe

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Prep time

10 mins

Cook time

5 mins

Total time

15 mins

Easy paruppu thogayal recipe / dal chutney without coconut is a simple and delicious dish goes well with rasam rice and appalam.

Author: Gayathri Ramanan

Recipe type: Chutney

Cuisine: Indian

Serves: 2

Ingredients

- $\frac{1}{4}$  Cup of Toor Dal
- 2 Red Chilly
- $\frac{1}{4}$  Tsp of Black Pepper
- 1 Small Garlic
- Pinch of Asafoetida
- Salt to taste

- 2 Tsp of Oil

## Instructions

1. Heat oil in a pan, roast the toor dal till it turns golden brown. Keep it aside.
2. In the same pan, add oil, red chilly, garlic, black pepper and asafoetida, fry them till it turns slight brown colour.
3. Allow it to cool for 10 mins. Grind it with water and salt to a chutney consistency.
4. Serve with rasam rice and hot appalam.

## Notes

If you want coconut, you can add it.

If you dont like garlic, just skip it.





## Dal Chutney without coconut

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