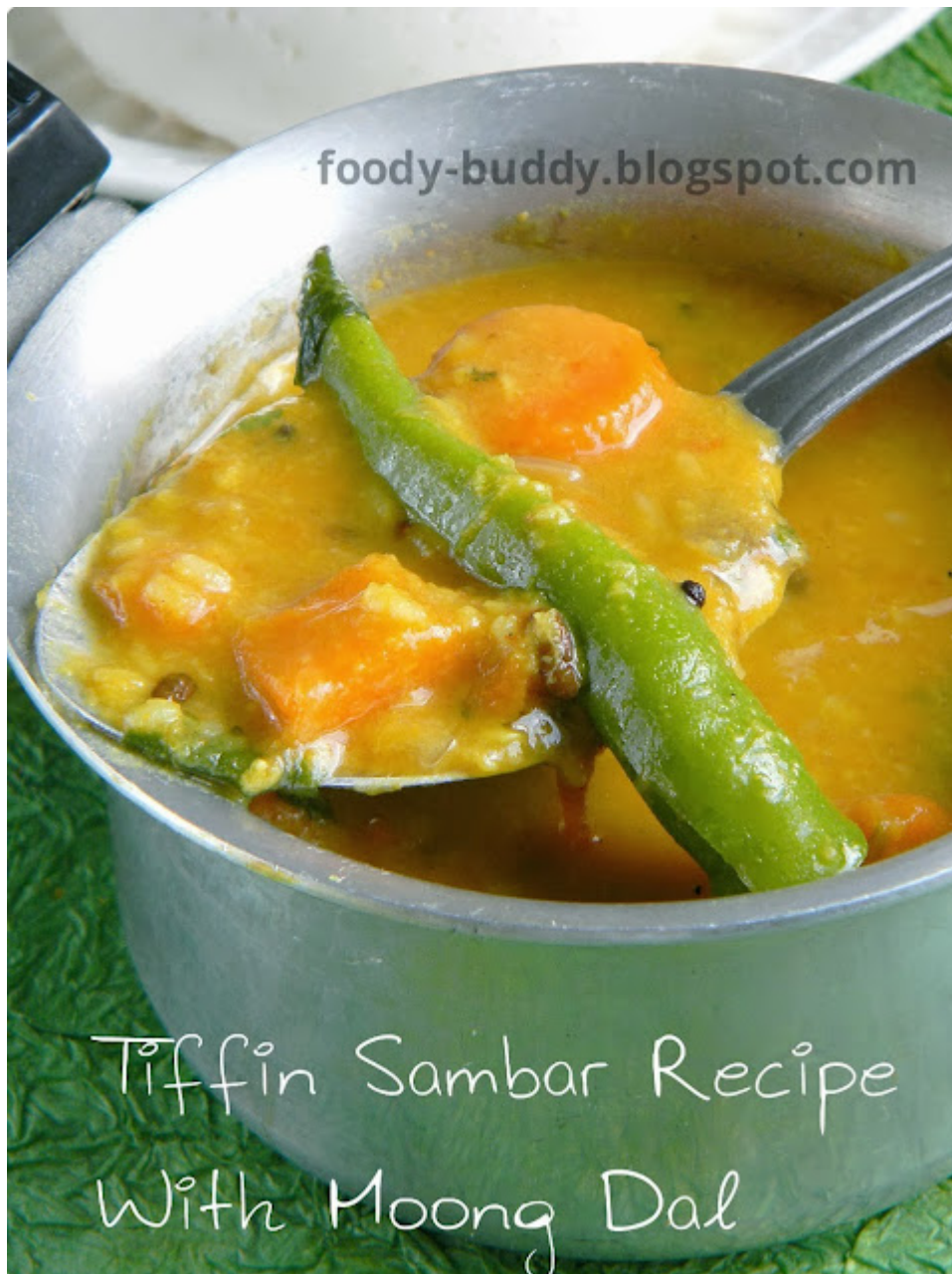


Tiffin Sambar Recipe | Idly Sambar Recipe With Moong Dal



Idly, sambhar and filter kappi(coffee) is Tamilnadu's traditional healthy breakfast recipe as rice and dal in idly and dal in sambar makes a complete protein. This tiffin sambar is a perfect side dish for idly and dosa. You can make this sambar without vegetables or with any vegetables like yellow pumpkin, potatoes(urulaikilangu sambar), shallots(vengaya sambar), brinjal or drumsticks. Addition of

ghee and sambar powder make this sambhar more flavorful and aromatic. Every week I used to make this sambhar for idly. The hot idly and sambhar combination is just heavenly in taste. Do try this sambar without tamarind for idly dosa and let me know how it turned out.



Ingredients

1/2 Cup of Moong Dal
1/2 Tsp of Turmeric Powder

3 Tomatoes, Chopped
2 Big Carrots, Chopped
Salt to taste
1/2 Tsp of Sesame Oil
2 Cups of Water

To Temper

2 Tsp of Sesame Oil
1 Tsp of Mustard Seeds
1 Tsp of Urad Dal
1/2 Tsp of Fenugreek
Pinch of Hing (Asafoetida)
1 Sprig of Curry Leaves
1 Red Onion, Chopped
2 Red Chilies
2 Green Chilies, Slit
1 Tsp of [Sambhar Powder](#)

Other Ingredients

1 Tsp of Sugar
2 Tbsp of Chopped Cilantro (Coriander Leaves)
1 Tsp of Ghee

Method

- Wash and chop the carrots, onion, tomato and slit the green chilies.
- Soak the dal for 30 mins, wash and drain the water.
- In a pressure cooker, add dal, chopped carrots, tomatoes, turmeric powder, salt, oil and water. Close the lid and pressure cook this for 3 whistles and turn off the flame.
- Heat oil in a pan, add mustard, urad dal, red chilies, fenugreek, asafoetida and curry leaves, after it

splutters, add chopped red onion, slited green chilies, fry this until it turns transparent. In a medium flame, add sambhar powder, give a quick stir. Now transfer the dal to the pan, add little water, mix well, bring it to a rolling boil, add sugar, mix well, boil for 2 mins and turn off the stove. Finally add ghee and chopped coriander leaves.

Tips

- Perfect side dish for idly and dosa.
- You can use any vegetables like potato or pumpkin or brinjal or drumstick or small onion.
- You can also use toor dal in place of moong dal.
- Use sesame oil for this sambar.
- Adjust the amount of spiciness according to your taste.

Health Benefits of Moong Dal

- They are high in fiber and protein, and low in fat. Eating lentils and other foods that are rich in soluble dietary fiber can help decrease high cholesterol.
- This dal is very good for pregnant ladies, kids and older people as it is easily digestible.



Idly Sambar Recipe