



## Healthy Moong Dal

**Serve:** 4

**Courses:** Main Course

**Variants:** Pure Olive Oil

**Proteins:** Veg

### Ingredients:

- 1) 1/2 cup yellow moong dal.
- 2) 1/4 cup chopped onions.
- 3) 1/4 cup chopped tomatoes.
- 4) 2 tsp finely chopped garlic.
- 5) 1/2 tsp ginger paste.
- 6) 2 green chillies , slit lengthwise.
- 7) 1/4 tsp turmeric powder.
- 8) 1/2 tsp chilli powder.
- 9) 1/2 tsp garam masala.
- 10) Salt to taste.
- 11) 1 tsp Figaro Pure Olive Oil.

### Methods:

**Step 1:** Wash and soak the yellow moong dal for 15 minutes. Drain and keep aside.

**Step 2:** Combine all the ingredients along with the yellow moong dal and 1½ cups of water in a pressure cooker, mix well and pressure cook for 2 whistles.

**Step 3:** Allow the steam to escape before opening the lid and whisk well.

**Step 4:** Add ¼ cup of water, mix well and bring to boil. Serve hot.

THANK YOU

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