



DAL PANCHANGRA SERVES 4

by Chef Milind Sovani

ingredients

- 25g whole green moong dal
- 25g split channa dal
- 25g tur dal (arhan dal)
- 1 tsp turmeric
- 2 1/4 cups water
- 80g drumsticks, medium-sized
- 2 green chillies

TEMPERING

- 1 tbsp FairPrice rice bran oil
- 1 tsp cumin seeds
- 4 garlic, chopped
- 50g red onions, chopped
- 10g ginger, chopped
- 50g tomatoes, chopped
- 1 tsp red chilli powder
- 1 tbsp asafoetida (hing)
- 1 tbsp green coriander, chopped
- 1/4 tsp salt



method of preparation

1. Wash and soak all the dal (lentils) in water for 2 hours.
2. Drain the lentils and boil them in a thick bottom pan in 600ml water.
3. Add in the turmeric and slit green chillies when water starts to boil. Cook for 15 minutes.
4. Cut the drumsticks into 2-inch pieces, and add to the lentil mixture. Cook the entire mixture till done (approx. 30 minutes). Set aside.
5. In a separate frying pan, heat oil and add in the cumin seeds until they crackle.
6. Add in the garlic and saute for few seconds. Add the onions and saute till translucent. Add the ginger and saute for another 15 seconds.
7. Add in the hing (asafoetida) and then the tomatoes. Saute till they are well cooked and mashed.
8. Add in the red chilli powder and saute. Add the boiled dal and chicken mixture into frying pan. Stir to mix well for 2 to 3 minutes.
9. Add in the salt, bring the mixture to a boil, add in the green coriander. Mix well and remove from heat.
10. Serve hot.



Heat oil till hot before stir-frying, as this will shorten cooking time and reduce the amount of oil absorbed by the ingredients.
Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
Beancurd, pulses, lentils, peas and beans are good sources of protein and low in saturated fat. They can be used to replace meat in some dishes.

HOT TIPS

NUTRITION INFORMATION per serving:

Energy (1 kcal = 4.2kJ)	125kcal
Protein	6g
Total fat (g and % of total calories)	4.3g (30.4%)
Saturated fat	0.7g
Cholesterol	0mg
Carbohydrate	16.4g
Dietary Fibre	4.5g
Sodium	153mg

To shorten cooking period, use a pressure cooker for step 4.

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