



INGREDIENTS

Moong dal (yellow split) - 1 cup

Grated carrot - ½ cup

Finely chopped capsicum - ¼ cup

Finely chopped tomato - ¼ cup

Finely chopped onion - ¼ cup

Grated ginger – 1 tsp

Green chilli - 1 no. (optional)

Turmeric powder - ½ tsp

Red chilli powder - - ¼ tsp

Salt - As per taste

Chopped coriander leaves - 2 tbsp

Oil - 2 tsp

Water - Enough to cover dal

Yellow Moong Dal Chilla

 2 servings

DIRECTIONS

1. Wash the yellow moong dal well and soak it in enough water for 3-4 hours.
2. Drain the water and grind the soaked dal with ¼ cup fresh water to make a smooth batter (not too thin).
3. Transfer the batter to a bowl. Add carrot, capsicum, tomato, onion, ginger, green chilli, turmeric, chilli powder, salt, and coriander. Mix well.
4. Let the batter rest for 10 minutes so the vegetables mix well and release slight moisture.
5. Heat a non-stick pan or tawa on medium heat and lightly grease with oil.
6. Pour ¼ cup batter on the pan and gently spread into a circle. Drizzle a few drops of oil around the edges. Cook for 2–3 minutes, flip, and cook the other side until golden.
7. Serve the moong dal chilla hot with green chutney, curd, or mint dip.

**1 cup = 200 ml, 1 tbsp = 15 ml, 1 tsp = 5 ml*

NOTES

This moong dal-based recipe is rich in protein, fiber, and essential nutrients, supporting digestion, immunity, and overall health. Its lente/complex carbs help manage blood sugar levels, providing steady energy and aiding in weight control.

