Dinner, Indian

Broken Wheat Pongal with Pepper and Cumin

A comforting South Indian breakfast where broken wheat and yellow moong dal cook up soft and savoury, tempered with pepper, cumin, curry leaves and ginger.



Vegan | Dairy free

27 min	124	20.5 g	1.9 g
time	calories	carbs	sugars

Ingredients, 5 servings

- [ ] 1/2 cup dalia (broken wheat)
- [ ] 1/2 cup yellow moong dal (split yellow gram)
- [ ] 2 tsp oil
- [ ] 1/2 tsp crushed black pepper (kalimirch)
- [ ] 1/2 tsp cumin seeds (jeera)
- [ ] 1/4 tsp asafoetida (hing)
- [ ] 4 curry leaves (kadi patta)
- [ ] 1/2 tsp ginger (adrak) paste
- [ ] 2 whole dry Kashmiri red chilli , broken into pieces
- [ ] 1/4 tsp salt (namak)

Method

- [ ] **1** Soak 1/2 cup dalia (broken wheat) and 1/2 cup yellow moong dal (split yellow gram) in plenty of water in a deep bowl for 15 minutes, then drain well.
- [ ] **2** Heat 2 tsp oil in a pressure cooker and sizzle 1/2 tsp crushed black pepper (kalimirch) and 1/2 tsp cumin seeds (jeera) on a medium flame for a few seconds.
- [ ] **3** Stir in 1/4 tsp asafoetida (hing), 4 curry leaves (kadi patta), 1/2 tsp ginger (adrak) paste and 2 whole dry Kashmiri red chillis broken into pieces, frying on a medium flame for 30 seconds.
- [ ] **4** Tip in the drained dalia and yellow moong dal with 1/4 tsp salt (namak) and toss on a medium flame for 1 minute.
- [ ] **5** Pour in 2 1/2 cups of water, mix well and pressure cook for 3 whistles.
- [ ] **6** Let the steam release completely before opening the cooker.
- [ ] **7** Serve hot right away.

Nutrition Facts

Per serving

Calories	124
Total fat	2.4 g
Saturated fat	Not listed
Sodium	5 mg
Total carbs	20.5 g
Fiber	1.5 g
Total sugars	1.9 g
Protein	4.9 g

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