Dinner, Indian

Garlicky Broken Wheat and Fenugreek Meal

A rustic Indian dish where broken wheat, green moong dal, fenugreek seeds and garlic are pressure cooked together until soft and full of flavour. Serve it warm with a hot gravy, or add extra water and boil for a porridge-style meal.



Vegan | Dairy free

20 min	150	29.8 g	1.4 g
time	calories	carbs	sugars

Ingredients, 3 servings

- [ ] 1/2 cup dalia (broken wheat)
- [ ] 1/4 cup green moong dal (split green gram)
- [ ] 1 tsp fenugreek (methi) seeds
- [ ] 5 garlic (lehsun) cloves , roughly chopped
- [ ] salt (namak) to taste

Method

- [ ] 1 To begin, leave the green moong dal soaking in plenty of water for 15 minutes, then pour the water off and keep the dal to one side.
- [ ] 2 Next, put a small non-stick pan over the heat, tip in the dalia (broken wheat) and dry roast it on a medium flame for 2 minutes.
- [ ] 3 Transfer the dalia to a pressure cooker, add the green moong dal, fenugreek (methi) seeds, the roughly chopped garlic (lehsun) cloves, salt and 1½ cups of water, then pressure cook for 3 whistles.
- [ ] 4 Wait for the steam inside the cooker to escape fully before you take the lid off.
- [ ] 5 Stir everything together well and serve it straight away.

Nutrition Facts

Per serving

Calories	**150**
Total fat	0.6 g
Saturated fat	Not listed
Sodium	6 mg
Total carbs	29.8 g
Fiber	1.9 g
Total sugars	1.4 g
Protein	6.4 g

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