Dinner, Indian

Steamed Spinach and Split Cow Pea Dhokla

Soft steamed squares made from blended split cow peas, spinach, fenugreek leaves and dill, with a gentle warmth from ginger and chilli. Finished with a scatter of coriander, they are best enjoyed warm straight from the steamer.



Dairy free

25 min	132	21.3 g	0.8 g
time	calories	carbs	sugars

Ingredients, 3 servings

- [ ] 1/2 cup chola dal (split cow peas) , soaked overnight and drained
- [ ] 1/2 cup chopped spinach (palak)
- [ ] 1/2 cup chopped fenugreek leaves (methi)
- [ ] 2 tbsp chopped dill leaves
- [ ] 2 tsp ginger-green chilli paste
- [ ] 1/4 tsp asafoetida (hing)
- [ ] 1 tsp fruit salt
- [ ] salt (namak) to taste
- [ ] 1/4 tsp oil for greasing
- [ ] 1 tbsp chopped coriander (dhania)

Method

- [ ] 1 Blitz the drained chola dal in a mixer together with the chopped spinach, fenugreek leaves, dill leaves and the ginger-green chilli paste, pouring in 1/2 cup of water, until you have a smooth paste.
- [ ] 2 Tip the paste into a deep bowl and work the asafoetida and salt through it evenly.
- [ ] 3 Just before steaming, scatter the fruit salt over the batter along with 2 tsp of water and fold it in gently.
- [ ] 4 Use the oil for greasing to coat a 175 mm (7 inch) diameter thali, pour in the batter and swirl it around in a circular motion so it forms an even layer.
- [ ] 5 Steam the dhoklas in a steamer for 12 minutes or until the dhoklas are cooked.
- [ ] 6 Let them cool a little, then cut into 18 square pieces.
- [ ] 7 Serve the palak chola dal dhokla straight away with the chopped coriander scattered over the top.

Nutrition Facts

Per serving

Calories	**132**
Total fat	0.8 g
Saturated fat	Not listed
Sodium	19 mg
Total carbs	21.3 g
Fiber	6.8 g
Total sugars	0.8 g
Protein	9.7 g

diabic.com/recipes

Scan to open this recipe and its shopping list