

Moong Daal

One of the favorite choices of the vegetarian snack lovers our product Moong Daal are hygienically packed and deliver superior aroma and taste. The effective use of superior quality masala and pulses in our preparation and use of innovative recipes give our snacks a unique taste.

Moong Daal Use for Some Indian Recipes

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" I actually learned this in the kitchen of this love

INGREDIENTS (Nutrition)

- * 2 1/2 cups dried yellow split peas
- * 2 1/2 cups water
- * 1 1/2 teaspoons salt
- * 1/2 teaspoon grated fresh ginger root
- * 1 teaspoon diced jalapeno Chile pepper
- * 1/2 cup diced tomatoes
- * 3 teaspoons lemon juice
- * 1/2 teaspoon ground turmeric
- * 2 teaspoons vegetable oil
- * 1 teaspoon cumin seed
- * 1/2 dried red Chile pepper
- * 1 pinch Asafetida
- * 2 cloves garlic, finely chopped
- * 1/4 cup chopped fresh cilantro



DIRECTIONS

1. Rinse split peas; soak in 2 1/2 cups water for 30 minutes.
2. Heat split peas and water, with salt, until boiling. Reduce heat to medium and cook 15 to 20 minutes, until tender and thickened. Add more water, if necessary, to prevent drying out. To the cooked split peas add ginger, jalapeno pepper, tomato, lemon juice and turmeric.
3. Heat oil in a small saucepan and add cumin seed and red Chile pepper. When pepper is heated add Asafetida and garlic. Stir mixture into split peas and add cilantro; mix well.

Features Specifications/Descriptions :

Moong Daal or also known as sabot dana is hygienically processed before finally delivered. Due to its high protein value it has great energy content. Moreover, it is easily digestible and is an important element for an optimum health. We ensure that the Daal is suitably packed in both jute bags and poly bags depending upon the consumer needs.

Sample Availability : **Yes**
Supplier Product Code : **ST -C -03**

Company : Tajagroproducts.com
Contact Person : Mr. Abhishek Singh
Phone : 91-022-26374592/93
Fax : 91-022-30601000



Rates in Rs.2700 2750 (+50) (per qtl.)

Note :- Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market Actual Rate of the Products will be provide at the time of final Confirmation of Order



Contact Us

Contact information for Taj Group companies in India.

TAJ AGRO INTERNATIONAL
(A Division of Taj Pharmaceuticals Limited)
<http://www.tajagroproducts.com>
E-mail :
tajagroproducts@gmail.com
tajagrointernational@gmail.com

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