**Recipe**

**Tomato Pappu, Mutter Pulao.**
Andhra style yellow lentils with green peas rice.

### Instructions

**Dal**
1. Cook the lentils with salt, turmeric and fenugreek in VarioCookingCenter® under side dishes, Boiling, 30 minutes.

**Dal tempering**
1. Preheat VarioCookingCenter® on side dishes glazing, medium colour.
2. Add oil followed by mustard, fenugreek, curry leaf, asafoetida and red chilli, fry for 30 seconds.
3. Add tomatoes & garlic, cook for further 10 minutes on same setting, until soft.
4. Add red chilli & coriander powder, cook for further 15 min.
5. Add boiled dal, simmer for 5 more minutes on same setting.
6. Finish with chopped coriander.

### Ingredients

**Dal**
- 1000 g Arhar dal
  - washed & soaked for 30 min or overnight & drained
- 3 l Water
- 8 g Salt
- 8 g Turmeric
- 16 × Fenugreek seeds

**Dal tempering**
- 70 g Oil
- 8 g Mustard seeds
- 20 × Fenugreek seeds
- 5 g Curry leaf
- 2 g Asafoetida
- 12 × Red chilli whole
- 1000 g Fresh tomatoes
  - washed & chopped
- 60 g Garlic
- 20 g Red chilli powder
- 40 g Coriander powder
- 40 g Coriander Green
  - washed & chopped
- As required
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Andhra style yellow lentils with green peas rice.

### Instructions

#### Rice
1. Preheat [SelfCookingCenter®](#) under side dishes > Rice > 20 min.
2. Use 65 mm 1/2 CNS GN.

#### Rice tempering
1. Preheat [VarioCookingCenter®](#) on side dishes glazing, medium colour.
2. Heat ghee and add cumin seeds with kasoori methi, allow it to crackle.
3. Add garlic, salt and peas.
4. Cook for 2 min. and remove.
5. Pour over rice and mix well.

**Tempering** is a way of flavouring oil with cooking aromats and spices like ginger, garlic, onion, cumin seeds, mustard seeds etc.

### Ingredients

**Rice**
- > 500 g Basmati rice soaked for 40 min. & drained
- > 650 g Water

**Rice tempering**
- > 70 g Sunflowerseed oil
- > 3 g Cumin seeds
- > 15 g Garlic peeled & chopped
- > Salt
- > 400 g Green peas shelled
- > 5 g Kasoori methi
- > 40 g Ghee oil Sunflower seed oil

### Each portion contains
approx: 590 Kcal

- > 35 g Protein
- > 96 g Carbohydrates
- > 9 g Fat
- > 16 g Fibre
- > 0.5 g Salt

**Per portion cost in organic quality is € 1.78**