

Split Mung Curry

Salachi Mung Amti



- 1 tsp oil
- ½ cup split mung beans with skin - cooked
- 1 tsp grated ginger
- Salt to taste
- 4 pinch asafoetida
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- Pinch turmeric powder
- 5-6 curry leaves
- 2 tomatoes – chopped - optional
- 1 1/2 cups water
- Coriander leaves
- Fresh coconut - grated



1. Heat oil in pan. Add the mustard seeds. When they pop add the cumin seeds and curry leaves.
2. Add turmeric, ginger and asafoetida.
3. Add tomatoes, if using, and fry for a few minutes.
4. Add salt, cooked mung dal and water.
5. Simmer for 20 minutes or until the split mung is soft.
6. Garnish with coriander leaves and coconut.