

Banana Flowers Tempered with Dhal Curry

Ingredients

- Medium Banana blossom
- g Washed dhal
- g Tomato
- g Sliced Onions
- tbsp Garlic
- tbsp Roasted curry powder
- tbsp Chili powder
- Leafs Curry Leaves
- Leaf Pandan Leaves
- packet MAGGI Rasa Musu
- mL MAGGI coconut milk powder
- 1/4 1/4 tsp Salt
- mL Water
- tbsp Oil
- pieces Chili powder
- Mediums Green chilis
- tsp Turmeric powder

Instructions

1. Cut the banana flower into small pieces and put into water with turmeric powder and salt.
2. Take the banana flower out of the yellow water and set aside.
3. Heat the rice cooker. Once heated, add oil and garlic ginger paste and sauté. Add curry leaves, tomatoes, and onions and sauté.
4. Add banana flower pieces and dhal and mix well. Add turmeric powder, raw curry powder and chilli powder. Add the MAGGI RASA MUSU pack and stir well. Pour water and cook.
5. When cooked, pour MAAGI COCONUT MILK in it. Cook till the gravy is thick and switch off the rice cooker.

Nutrition

Carbohydrates	32.67 g
Energy	470.01 kcal
Fats	33.04 g
Fiber	13.55 g
Protein	10.7 g
Sodium	481.5 mg
Sugars	5.58 g

15 Minutes

4 Portions