

## Raw Mango Daal

### Ingredients:

1 cup toor daal or moong daal  
1 cup raw mango  
1 green chili, chopped  
1 tbs ghee  
3 cloves of garlic  
½ tsp turmeric  
½ tsp mustard seeds  
½ tsp cumin seeds  
Coriander (stalk and leaves)  
1 sprig curry leaves



### Directions:

Pressure cook or slow cook daal with the salt, garlic, turmeric and cubed raw mango (remember, you can eat the seed as well so don't forget to add it to the daal).  
In a separate pan, add ghee, wait for it to heat before adding mustard seeds, cumin seeds and chilis.  
Once the daal is cooked, add the ghee to the daal, stir through, garnish with coriander and curry leaf.  
Serve with grain of choice!

