

Mauritian Dal Puri

Dholl Puri Mauricien

45 min

Medium

380 kcal per serving

Lunch

Vegan



Ingredients

FOR ONE SERVING

Yellow split peas (<i>Pois cassés jaunes</i>)	200 g
Wholemeal flour (<i>Farine complète</i>)	300 g
Turmeric (<i>Curcuma</i>)	1 tsp
Cumin (<i>Cumin</i>)	1 tsp
Olive oil (<i>Huile d'olive</i>)	2 tbsp

Nutrition facts

PER SERVING

Calories	380
Protein	14 g
Carbohydrates	58 g
Fat	10 g
Fiber	8 g

Preparation

- 1 Rinse the yellow split peas well, then place them in a pot with enough water to cover them by a few centimetres. Bring to a boil, lower the heat, and cook until very tender.
- 2 Drain the peas thoroughly, then mash them into a smooth paste. Mix in the turmeric and cumin, and let the mixture cool completely.
- 3 Put the wholemeal flour in a bowl, add the olive oil and a pinch of salt, then mix in just enough water to form a soft dough. Knead until smooth, cover, and rest for 15 minutes.
- 4 Divide the dough into small balls. Divide the pea paste into the same number of portions and shape each into a small ball.
- 5 Flatten one dough ball, place a pea ball in the center, then wrap the dough around it and pinch to seal. Gently roll it out into a thin round. Repeat with the remaining portions.

- 6 Heat a dry pan over medium heat. Cook each puri for about 1 to 2 minutes per side until lightly browned and cooked through, brushing with a little olive oil if needed.
- 7 Serve warm with a little salt and pepper if desired.

GOOD TO KNOW

Let the pea filling cool fully before stuffing so the dough stays easy to seal.