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Recipe Name: Garlic Amla Chutney Recipe

Diet Type:

Course: Side Dish

Cuisine: Tamil Nadu

Quantity:



Description

Garlic Amla Chutney is a vibrant, tangy, and spicy South Indian condiment loaded with immunity-boosting fresh Indian gooseberries, garlic, and fresh herbs. Blended with sautéed small onions, green chillies, mint, and coriander, it is finished with a fragrant tempering of mustard seeds, lentils, curry leaves, and crunchy cashews. This wholesome chutney pairs exceptionally well with hot dosas, crisp idlis, or steamed rice.
[PROS]
- Exceptionally rich in Vitamin C and antioxidants from fresh amla to strengthen immunity.
- Garlic and green herbs promote healthy digestion and antimicrobial protection.
- Low-calorie, flavorful condiment option that enhances nutrient intake without added sugars.
[CONS]
- High acidity from amla may cause acid reflux or irritation for sensitive stomach linings.
- Spiciness from green chillies and raw garlic warmth may be too intense for some palates.
[DIETITIAN REVIEW]
This chutney is a superb way to incorporate raw amla and garlic into your daily diet, providing an exceptional boost of antioxidants, immune support, and digestive benefits. The inclusion of healthy fats from cashews and lentils helps balance the sharp acidity and improves nutrient absorption. Score: 9/10

Ingredients

Ingredient	Quantity
• amla (Indian gooseberries)	8
• small onions (shallots)	6
• garlic cloves	10 buds
• green chillies	2
• mint leaves	1/2 cup
• coriander leaves	1/2 cup
• salt	as per taste
• cooking oil	2 tsp (divided)
• rye (mustard seeds)	1/2 tsp

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• urad dal	1/4 tsp

• chana dal	1/4 tsp

• curry leaves	1 sprig

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- cashew nuts 10

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Preparation

• 1.

• Deseed the amla and chop them into small pieces.

• 2.

• Heat 1 tsp of oil in a pan; add garlic, small onions, green chillies, and chopped amla, then sauté on medium heat until tender.

• 3.

• Add the fresh mint and coriander leaves, sauté for 30 seconds until slightly wilted, and allow the mixture to cool.

• 4.

• Transfer the sautéed ingredients into a blender with salt to taste and grind into a coarse chutney using a small splash of water if needed.

• 5.

• In a small pan, heat the remaining 1 tsp of oil and roast the cashew nuts until golden brown; remove cashews and set aside.

• 6.

• To the same oil, add mustard seeds (rye), urad dal, chana dal, and curry leaves, letting them splutter and turn fragrant.

• 7.

• Pour the hot tempering over the blended chutney, top with the roasted cashews, and serve fresh.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	7	4	15