DietCloud – Recipe

Recipe Name: Kerala Style Vedakkai Pachadi Recipe - Kerala Style Vendakkai Pachadi (Recipe in Hindi)

Diet Type:

Course: Dinner

Cuisine: Kerala Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 25 okra	4
• 5 green chillies - finely chopped	
• 1/4 cup curd	
• 1 sprig curry leaves	
• 1/2 cup coconut - grated	
• 1/2 teaspoon cumin seeds	
• 1/2 teaspoon mustard	
• 1 dry red chili - Break it	
• 2 teaspoons oil	
• salt - as per taste	

Preparation

- To make Kerala Style Vedakka Pachadi, first cut the lady finger round.
- Add salt and 2 teaspoons of oil to it.
- Mix and spread it on the baking sheet.
- Preheat the oven to 350 degrees.
- Bake for 15 to 20 minutes.
- Now add green chilies and bake for 4 more minutes.
- Take it out of the oven and keep it aside.
- Now take yogurt in a bowl and beat well.
- Now add coconut with cumin and grind it.
- Now heat oil in a small pan and add mustard seeds.
- After 15 seconds, add red chilli and roast it for 20 seconds.
- Now add ground coconut mixture, salt and cook it for 3 minutes.
- Now add baked okra to it and cook it for 3 minutes.

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- Turn off the gas and allow it to cool.
- After cooling, add yogurt and mix.
- Serve.
- Serve Kerala Style Vedakka Pachadi with mixed vegetable sambar and rice for dinner.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)