DietCloud – Recipe

Recipe Name: South Indian Style Murungakkai Poriyal Recipe - Drumstick Stir Fry

Diet Type:

Course: Side Dish

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 5 Drumstick - cut into 3 inch pieces	4
• 1/2 cup Fresh coconut - grated	
• 2 Green Chillies - slit	
• 1 sprig Curry leaves	
• 1 teaspoon Mustard seeds	
• 2 teaspoons Coconut Oil	
• 2 Dry Red Chillies	
• 1/2 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• Water - as needed	

Preparation

• To begin making Murungakkai Poriyal Recipe, wash the drumsticks well & peel them by removing the tough green part.

• Take about glass of water in a kadhi, bring it to a boil, add these drumsticks with salt, turmeric powder (optio.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	20	7	4	2