# DietCloud – Recipe

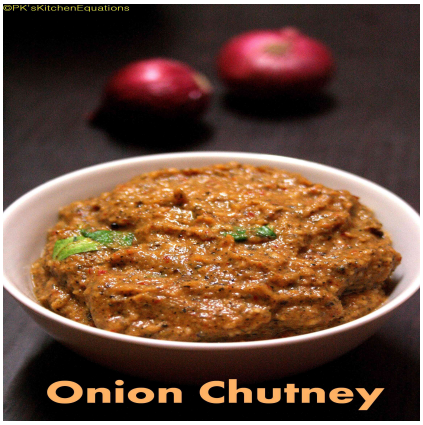
**Recipe Name:** South Indian Onion Chutney Recipe

**Diet Type:**

**Course:** Side Dish

**Cuisine:** South Indian Recipes

**Quantity:**




## Ingredients

| Ingredient | Quantity |
|---|---|
| • 2 Onions | 4 |
| • 1 teaspoon Cumin seeds (Jeera) | |
| • 2 tablespoons Black Urad Dal (Split) | |
| • 1 tablespoon Tamarind Paste | |
| • 3 Dry Red Chillies | |
| • 1/2 teaspoon Jaggery | |
| • 2 teaspoons Sunflower Oil | |
| • Salt - to taste | |
| • 1 teaspoon Mustard seeds | |
| • 1 sprig Curry leaves | |
| • 1/2 teaspoon Sunflower Oil | |

## Preparation

• To begin making the South Indian Onion Chutney recipe, firstly slice onions into medium pieces and keep aside.

• Add urad dal, saute and let it turn golden yellow.

• Transfer this into a small dish and let it cool.

• In the same pan, add a teaspoon of oil, add the chopped onion pieces and saute well for 4 to 5 minutes, until the raw odour of onion disappears.

• Turn off the heat and cool.

• Grind the urad dal, cumin seeds and red chillis to a coarse powder in a grinder.

• Add to this, the fried onions, salt, tamarind and jaggery.

• Grind to make a paste.

• Add a little water (2-3 tablespoons) for a thinner consistency.

• Do not add more water as it may turn out to be runny.

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- For seasoning, heat oil in a pan, add the mustard seeds and let them splutter.
- Add the curry leaves and turn off the heat.
- Pour this seasoning over the chutney.

## Macronutrients

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