DietCloud – Recipe

Recipe Name: The Paruppu Podi Recipe - South Indian Spiced Dal Chutney Powder

Diet Type: Vegetarian

Course: Side Dish

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Arhar dal (Split Toor Dal) • 1/4 cup Chana dal (Bengal Gram Dal) - roasted • 6 Dry Red Chillies • 1 teaspoon Whole Black Peppercorns • 1 teaspoon Cumin seeds (Jeera) • 10 Curry leaves • 1/4 teaspoon Asafoetida (hing) • Salt - to taste	6

Preparation

• To begin making the Paruppu Podi recipe, heat a heavy bottomed pan on medium heat and roast all the ingredients except roasted bengal gram dal and salt, till they turn golden brown color and aroma arises.
• Once it is done, turn off the heat and transfer to a paper towel to cool completely.

• The Paruppu Podi is now ready to use.
• Store it in an airtight container.

Macronutrients

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