DietCloud – Recipe

Recipe Name: Kothavarangai Poriyal Recipe - South Indian Style Cluster Beans Sabzi

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Gawar Phali (Kothavarangai / Cluster beans) - finely chopped • 1 Onion - finely chopped • 1 teaspoon Mustard seeds • 1 Dry Red Chilli • 1 sprig Curry leaves • Asafoetida (hing) - a pinch • 4 tablespoons Fresh coconut - grated • 1 Green Chilli • 2 teaspoons Sunflower Oil • Salt - to taste	4

Preparation

• To begin making the Kothavarangai Poriyal Recipe, wash and finely chop the cluster beans by discrading the ends and keep aside.
• Grind the grated coconut along with green chilli to a course mix using a mixer grinder and keep aside.
• Heat oil in a heavy bottomed pan on medium flame, add the mustard seeds and let it crackle.
• Add the asafoetida, dry red chilli, curry leaves and let it splutter.
• Once it splutters, add the finely chopped onion and saute until it turns translucent.
• Add the chopped cluster beans, season with salt and saute for a minute.
• Add half a cup of water and let the cluster beans cook with the lid on.
• This will take around 10 minutes.
• Once the cluster beans are cooked well, dry out the beans by increasing the heat.
• Add the coconut and green chilli mixture, stir well and switch off the flame.

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Macronutrients

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