DietCloud – Recipe

Recipe Name: Sundakkai and Methi Leaves Sambar Recipe - Sundkai Methi Sambar Recipe

Diet Type: Vegetarian

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Sundkai	4
• 1/4 cup fenugreek	
• 1/2 cup Arhar dal - boiled and mashed	
• 1/2 Tomato	
• 1 Tamarind	
• 1/2 tsp Turmeric Powder	
• 2 tsp Sambar Powder	
• 1 tsp Coriander Powder	
• 1/2 teaspoon mustard	
• 1/4 teaspoon cumin seeds	
• 1 dry red chili	
• 1/4 teaspoon asafoetida	
• oil - as per use	
• salt - as per taste	
• curry leaves - little	
• green coriander - little	
• water - According to use	

Preparation

• To make the Sundakai Methi Sambar recipe, first take out the stem of the Sundakai and cut it.

• Clean and wash the fenugreek and keep it separately.

• Mix tamarind with water in a bowl.

• Now heat oil in a pan.

• Add asafetida to it and cook it for 10 seconds.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
320	18	40	12	10	6