DietCloud – Recipe

Recipe Name: Tindora Sambharo Recipe - Instant Tendli Pickle

Diet Type:

Course: Side Dish

Cuisine: Gujarati Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Tindora (Dondakaya/ Kovakkai) - finely chopped	1
• 1 teaspoon Red Chilli powder	
• 1/4 teaspoon Split Methi Seeds (Methi Kuria)	
• 1/2 teaspoon Split Mustard Seeds (Rai Kuria)	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1/4 teaspoon Asafoetida (hing)	
• 1 tablespoon Sunflower Oil	
• Lemon - juice extracted	
• Salt - to taste	

Preparation

• To begin making the Tindora Sambharo Recipe - Instant Tendli Pickle, combine all the ingredients including the carrot and capsicum pieces in a bowl.
• Stir well until all the ingredients are well combined.
• Store the Tindora Sambharo Recipe in the refrigerator.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	7	4	10