DietCloud – Recipe

Recipe Name: Palakottai Kujambu Recipe-Kongunad Style Jackfruit Seeds Curry

Diet Type:

Course: Side Dish

Cuisine: Tamil Nadu

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Jackfruit Seeds (Kathal)	4
• 1 cup Tamarind Water	
• 8 cloves Garlic	
• 1/2 teaspoon Mustard seeds	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 8 Curry leaves	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Red Chilli powder	
• 2 teaspoons Sambar Powder	
• 1/4 teaspoon Asafoetida (hing)	
• Coriander (Dhania) Leaves - small bunch	
• Salt - to taste	
• 2 teaspoons Sunflower Oil	
• 1/2 cup Fresh coconut	
• 10 Whole Black Peppercorns	
• 2 Dry Red Chillies	
• 1 Onion - chopped	
• 1 Tomato - chopped	
• 1 teaspoon Coriander (Dhania) Seeds	
• 1 teaspoon Sunflower Oil	

Preparation

Macronutrients

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

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420	22	60	10	8	6