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Recipe Name: Pacha Manga Pachadi Recipe - Tamil Nadu Raw Mango Pachadi Recipe

Diet Type:

Course: Side Dish

Cuisine: Tamil Nadu

Quantity:



Description

Pacha Manga Pachadi is a traditional Tamil Nadu-style relish featuring the delightful contrast of sweet, sour, and mildly spicy flavors. It's crafted from raw mangoes cooked down with jaggery and tamarind, then tempered with aromatic spices and curry leaves. This vibrant dish serves as an excellent accompaniment to rice, dosa, idli, or chapati, adding a burst of tropical tang and warmth to any meal.
[PROS]
- Rich in Vitamin C from raw mangoes, boosting immunity.
- Contains antioxidants from turmeric, curry leaves, and other spices.
- Tamarind aids in digestion and provides essential minerals.
- Jaggery is a healthier alternative sweetener compared to refined sugar.
[CONS]
- High jaggery content could contribute to increased sugar intake if consumed in large portions.
- Can be high in sodium if salt is not monitored, especially for those with hypertension.
[DIETITIAN REVIEW]
This Pacha Manga Pachadi offers a fantastic blend of flavors and beneficial ingredients. The raw mango provides a good dose of Vitamin C, while the spices contribute anti-inflammatory and antioxidant properties. While a healthier sweet alternative, moderate portion control is advised due to the jaggery. Score: 8/10

Ingredients

Ingredient	Quantity
• raw mango	1, chopped big
• tamarind water	1 cup
• jaggery	1 tablespoon
• sambar powder	1 tablespoon
• turmeric powder	1 teaspoon
• salt	1/2 teaspoon
• mustard seeds	1 teaspoon
• asafoetida	a pinch

• curry leaves	1 sprig

• dry red chillies	2

DietCloud – Recipe

• oil	4 teaspoons

DietCloud – Recipe

Preparation

• 1.

• In a pan, combine the chopped raw mangoes with 1/2 cup of water and cook until they are tender and slightly mashed.

• This should take about 5-7 minutes on medium heat.

• 2.

• Add the tamarind water, jaggery, sambar powder, turmeric powder, and salt to the cooked mangoes.

• Mix well and let it simmer for another 5-7 minutes, allowing the flavors to meld and the mixture to thicken slightly.

• 3.

• For the tempering, heat the oil in a small pan.

• Once hot, add the mustard seeds and let them splutter.

• 4.

• Immediately add the asafoetida, curry leaves, and dry red chillies.

• Sauté for a few seconds until the chillies darken slightly and the curry leaves become crisp.

• 5.

• Pour the tempering over the simmering mango pachadi.

• Stir gently to incorporate.

• 6.

• Serve the Pacha Manga Pachadi warm or at room temperature as a delightful side dish.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	30	2	4	20