DietCloud – Recipe

Recipe Name: Short Knot Husband Recipe - Raw Jackfruit & Black Chickpea Stir Fry

Diet Type:

Course: Lunch

Cuisine: Coorg

Quantity:



Description

This 'Short Knot Husband' recipe is a flavorful and hearty stir-fry featuring tender raw jackfruit chunks and robust black chickpeas, simmered in a rich, aromatic spice paste. It's a traditional South Indian-inspired dish, perfect as a protein-packed side or a light main course, offering a delightful blend of earthy, spicy, and tangy notes.
[PROS]
- High in plant-based protein and dietary fiber from black chickpeas, promoting satiety and digestive health.
- Rich in antioxidants and anti-inflammatory compounds from spices like turmeric, ginger, and garlic.
- Jackfruit provides vitamins (like Vitamin C and B vitamins) and minerals, contributing to overall well-being.
- Naturally gluten-free and can be made vegan by omitting any dairy in preparation (though none specified here).
[CONS]
- Jackfruit can be fibrous, requiring thorough cooking to become tender.
- The preparation, including soaking chickpeas and making a fresh spice paste, can be time-consuming.
- The tamarind and spices might be too intense for those sensitive to strong flavors.
[DIETITIAN REVIEW]
This recipe presents a nutritionally dense and vibrant dish. The combination of black chickpeas and jackfruit offers a powerful blend of protein, fiber, and essential micronutrients, while the array of fresh spices boosts its antioxidant and anti-inflammatory profile. It's a fantastic plant-forward option, though the '1 portion' sizing seems modest given the ingredient list, suggesting it could easily serve two or be a generous single meal.
Score: 8/10

Ingredients

Ingredient	Quantity
• Jackfruit Seeds (Kathal)	10
• Kala Chana (Brown Chickpeas)	1 cup - soaked overnight
• Mustard seeds	1 teaspoon
• Cumin seeds (Jeera)	1/2 teaspoon
• Curry leaves	1 sprig

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- Tomato - chopped 1

- Tamarind Water 1/2 cup

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• Turmeric powder (Haldi)	1 teaspoon

- Dry Red Chillies 4

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• Cumin seeds (Jeera)	1 teaspoon

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• Coriander (Dhania) Seeds	1 teaspoon

- Cloves (Laung) 2

- Cinnamon Stick (Dalchini) 1 inch

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- Fresh coconut 1/2 cup

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• Ginger	1 inch

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• Garlic	4 cloves

Preparation

• 1.
• Ensure Kala Chana (Brown Chickpeas) are soaked overnight as directed.
• Drain and rinse well.
• 2.
• In a pressure cooker, combine the soaked Kala Chana and Jackfruit Seeds (Kathal) with enough water to cover.
• Cook for 3-4 whistles or until tender.
• Drain and set aside.
• 3.
• Meanwhile, prepare the spice paste: In a grinder, combine the 4 Dry Red Chillies, 1 teaspoon Cumin seeds (Jeera), 1 teaspoon Coriander (Dhania) Seeds, 2 Cloves (Laung), 1 inch Cinnamon Stick (Dalchini), 1/2 cup Fresh coconut, 1 inch Ginger, and 4 cloves Garlic.
• Add a little water if needed and grind to a smooth, fine paste.
• Set aside.
• 4.
• Heat a pan or Kadai with a tablespoon of oil (not specified, but essential for stir-frying).
• Add 1 teaspoon Mustard seeds and 1/2 teaspoon Cumin seeds (Jeera).
• Allow them to splutter.
• 5.
• Add 1 sprig Curry leaves and the chopped Tomato.
• Sauté until the tomatoes soften.
• 6.
• Add the prepared spice paste to the pan and cook for 5-7 minutes over medium heat, stirring occasionally, until the raw aroma disappears and the paste darkens slightly and oil separates.
• 7.
• Stir in 1 teaspoon Turmeric powder (Haldi) and mix well.
• 8.
• Add the cooked Kala Chana and Jackfruit Seeds to the pan.
• Mix thoroughly, coating them evenly with the spice paste.
• 9.
• Pour in 1/2 cup Tamarind Water and a splash of regular water if the mixture is too dry.
• Bring to a simmer.
• 10.
• Cover and cook for 10-15 minutes, allowing the flavors to meld and the gravy to thicken to your desired consistency.
• Adjust salt if needed (salt not listed as an ingredient, but essential for taste).
• 11.
• Serve hot, garnished with a fresh sprig of coriander or curry leaves (not listed, but commonly used for garnish).

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	22	60	10	10	10