



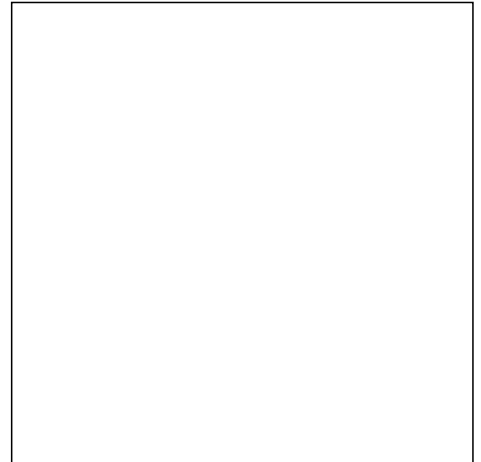
Recipe Name: Short Knot Husband Recipe - Raw Jackfruit & Black Chickpea Stir Fry

Diet Type:

Course: Lunch

Cuisine: Coorg

Quantity:



Ingredients

Ingredient	Quantity
• 10 Jackfruit Seeds (Kathal)	4
• 1 cup Kala Chana (Brown Chickpeas) - soaked overnight	
• 1 teaspoon Mustard seeds	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1 sprig Curry leaves	
• 1 Tomato - chopped	
• 1/2 cup Tamarind Water	
• 1 teaspoon Turmeric powder (Haldi)	
• 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	
• 4 cloves Garlic	

Preparation

- To begin making the Kodava Mudi Chekke Barthad Recipe, soak the chickpeas overnight and pressure cook them in 2 cups of water, salt to taste and cook for 6 to 8 whistles for about 20 to 25 minutes.
- Once done allow the pressure to release naturally.
- Drain t.

Macronutrients

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



420

22

60

10

10

10

