DietCloud – Recipe

Recipe Name: Andhra Steel Tomato Knock Recipe (Tomato Chutney)

Diet Type:

Course: Side Dish

Cuisine: Andhra

Quantity:



Ingredients

Ingredient	Quantity
• 1 kg Tomatoes	6
• 8 Dry Red Chillies - adjustable	
• 1 teaspoon Tamarind Paste	
• 2 teaspoons Red Chilli powder - optional	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 tablespoon Mustard seeds	
• 1 teaspoon Methi Seeds (Fenugreek Seeds)	
• 8 cloves Garlic	
• Sunflower Oil	
• Salt - to taste	

Preparation

• To begin making the Andhra Style Tamati Pachadi recipe, take the chopped tomatoes in a deep bottomed pan.

• Add salt, turmeric & tamarind to them.

• Keep the pan on medium heat & boil till they loose all the water & turn into a mushy paste alike.

• Keep stirrin.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	7	4	15