

Recipe Name: Thengai Sadam Recipe (A Quick and Healthy Coconut Rice)

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Fresh coconut - grated	4
• 2-1/2 cups Cooked rice	
• 1 teaspoon Mustard seeds	
• 2 teaspoons White Urad Dal (Split)	
• 2 teaspoons Chana dal (Bengal Gram Dal)	
• 1 Raw Peanuts (Moongphali) - fistful	
• 1 sprig Curry leaves	
• 3 or 4 Green Chillies - finely chopped	
• 1 teaspoon Ginger - grated	
• 1 + 1 tablespoon Coconut Oil	
• Salt - to taste	

Preparation

- To begin cooking the Thengai Sadam (Coconut Rice Recipe), heat a tablespoon of coconut oil in a heavy bottomed pan or wok.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	8	60	20	4	2