

Recipe Name: Elephant Yam Raita (Recipe In Hindi)

Diet Type:

Course: Side Dish

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 250 grams Elephant yam	4
• 1/2 green chilli	
• 1 inch ginger	
• 3 tablespoons coriander - chopped	
• salt - as per taste	
• 1 cup curd	
• 1 teaspoon oil	
• asafetida - a pinch	
• 1-1 / 2 teaspoon Rye	
• 1-1 / 2 teaspoon Kali Urad Dal (Split)	

Preparation

- To make Senai Pachadi, first peel and cut the yam into small pieces.
- Now in a pressure cooker add water, yam as per use and cook till 3 cities come.
- With the pressure coming out automatically, take out the yam separately.
- Also keep the remaining water sep.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	5	20	7	2	5