

Recipe Name: Kobari Charu recipe - Kobbari Charu Recipe

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2-1 / 2 cups coconut milk	4
• 1 cup water	
• 1/4 cup roasted chana lentils	
• 6 green chillies - do more or less as you wish	
• 1 teaspoon oil	
• 1/2 teaspoon mustard	
• 1/4 small Spoon turmeric powder	
• 1/2 teaspoon cumin seeds	
• curry leaves - little	
• salt - as per taste	
• coriander leaves - little	

Preparation

- To make the Kobbari Charu recipe, we will first make coconut milk.
- Remove the white part of the coconut and grind it in a mixer grinder with 2 cups of water.
- Now sieve the milk with the help of a sieve.
- Keep it aside.
- In a mixer grinder, add roasted chana.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	10	30	10	5	5