

Recipe Name: Capsicum Masala Poriyal (Recipe in Hindi)

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 teaspoon oil	4
• 1 teaspoon mustard	
• 1 capsicum (yellow) - cut	
• 1 capsicum (red) - cut	
• 1 capsicum (green) - cut	
• 1 onion - cut	
• curry leaves - little	
• Salt - as per taste	
• 1/2 cup peanuts - roast	
• 1 tablespoon coconut	
• 4 dry red chillies	
• 3 cloves garlic - unpeeled	
• 1 teaspoon cumin seeds	
• 4 sprig green coriander - chopped	

Preparation

- To make capsicum masala poriyal, first heat oil in a pan.
- Add mustard seeds and cook for 15 seconds.
- Now add onion and cook till the onion becomes soft.
- After the onion becomes soft, add all three capsicum, curry leaves, salt and let it cook for 5 minutes.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	3	30	10	4	6