

Recipe Name: Kerala Style Raw Banana and Suran Kotu Curry Recipe - Kerala Style Plantain & Yam Thoran Recipe

Diet Type:

Course: Dinner

Cuisine: Kerala Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup raw banana - chopped	4
• 1/2 cup suran - chopped	
• 1/2 cup black gram	
• 1/2 teaspoon turmeric powder	
• 1/2 teaspoon red chili powder	
• salt - as per taste	
• 1/2 2 tsp cumin seeds	
• 1 cup coconut - grated	
• 1/4 tsp whole black pepper	
• 3 cloves garlic	
• 1 green chili	
• 1 tsp oil	
• 1/2 tsp mustard	

Preparation

- To make Kerala Style Raw Banana and Suran Kotu Curry Recipe, first peel the raw banana and suran and cut them into small pieces.
- In a saucepan, pour both of these with 1/4 tsp turmeric powder, salt and water and let it soften.
- Cook till Keep it aside.
- Pou.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	20	8	10