

Recipe Name: Dry Sweet Potato Thoran Recipe

Diet Type:

Course: Side Dish

Cuisine: Kerala Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 Sweet Potatoes - medium size	4
• 1 Onion	
• 1/2 teaspoon Rasam Powder	
• Turmeric powder (Haldi) - a pinch	
• Asafoetida (hing) - a pinch	
• Salt - to taste	
• 2 teaspoons Sunflower Oil	
• 1 teaspoon Mustard seeds	
• 1 teaspoon White Urad Dal (Split)	
• 1 sprig Curry leaves	

Preparation

- To begin making the Dry Sweet Potato Thoran Recipe, wash and trim the edges of sweet potatoes.
- Pressure cook in enough water for 1 whistle over medium flame.
- After the pressure is released, peel the skin and cut into roundels and keep it aside.
- Heat oil in.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	2	3	5