

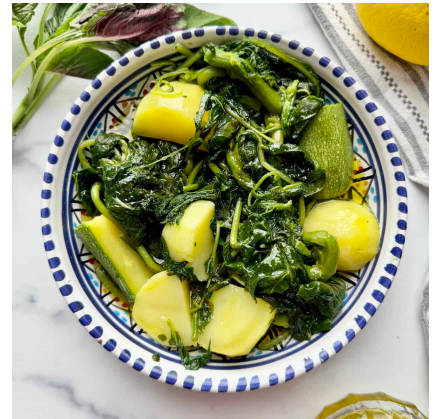
Recipe Name: Stem Lettuce Tamarind Broth Recipe -
Surri left behind by Amarnath Greens

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Green Amaranth Leaves - roughly chopped	4
• 20 grams Tamarind - soaked in hot water and pulp extracted	
• 1 Onion - finely chopped	
• 1 Tomato - roughly chopped	
• 10 cloves Garlic	
• 1 teaspoon Mustard seeds	
• 1/4 teaspoon Asafoetida (hing)	
• 1 sprig Curry leaves	
• 2 teaspoons Sambar Powder	
• 1 teaspoon Methi Powder (Fenugreek Powder)	
• 1 tablespoon Sesame (Gingelly) Oil	
• Salt - to taste	
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Preparation

- You will approximately 1-1/2 cups of tamarind water.
- Heat sesame oil in a heavy bottomed pan, add the mustard seeds, and let it crackle.
- Add.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	2	4	10