

Recipe Name: South Indian Papad Curry Recipe - Appalam Vathal Kuzhambu (Recipe)

Diet Type:

Course: Dinner

Cuisine: Tamil Nadu

Quantity:



Ingredients

Ingredient	Quantity
• 4 papad - urad dal	4
• tamarind - as big as lemon	
• 1 tablespoon sambar powder	
• 1/4 teaspoon turmeric powder	
• 1 teaspoon horse-powder	
• 1 teaspoon mustard	
• 1/2 teaspoon gram lentils	
• 1 pinch Asafoetida	
• 1 dry red chili	
• 1 curry leaves	
• 3 teaspoons sesame oil	
• salt - as per taste	

Preparation

- To make South Indian Papad Curry, dip tamarind in 2 cups of hot water and keep aside.
- Heat 2 teaspoons of sesame oil in a pan on medium heat, and add mustard seeds and gram and wait for it to crackle.
- Now add asafoetida, red chili and curry leaves and let.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	18	35	24	4	6