

Recipe Name: Kalyana Veetu Senai Curry Recipe - South Indian Spicy Roasted Yam

Diet Type:

Course: Side Dish

Cuisine: Tamil Nadu

Quantity:



Ingredients

Ingredient	Quantity
• 250 grams Elephant yam (Suran/Senai/Ratalu) - cut into 1 inch thin pieces	4
• 1/2 cup Fresh coconut - grated	
• 1/2 teaspoon Mustard seeds	
• Curry leaves - few	
• 1/4 teaspoon Asafoetida (hing)	
• 1 teaspoon Mustard seeds	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Coriander Powder (Dhania)	
• 1 teaspoon Turmeric powder (Haldi)	
• 2 teaspoon Sambar Powder	
• Salt - to taste	
• Sunflower Oil - as required for frying	

Preparation

- Preheat oil in a pan over medium heat; add the.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	2	45	9	4	2