

Recipe Name: Chettinad Thakkali Sadam Recipe
(Chettinad Style Tomato Rice)

Diet Type:

Course: Lunch

Cuisine: Chettinad

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Rice - cooked	2
• 2 Tomatoes - finely chopped	
• 1 Onion - thinly sliced	
• 1 teaspoon Red Chilli powder	
• 1 Green Chilli - slit	
• Mint Leaves (Pudina) - fistful	
• Coriander (Dhania) Leaves - small bunch	
• 1 Cinnamon Stick (Dalchini)	
• 2 Cloves (Laung)	
• 1 sprig Curry leaves	
• 1 tablespoon Ghee	
• Salt - to taste	
• 1 inch Ginger - roughly chopped	
• 3 to 4 cloves Garlic	
• 1 teaspoon Fennel seeds (Saunf)	

Preparation

- To begin making Chettinad Takkali Sadam Recipe, cook the rice to a fluffy texture and keep aside.
- Also, coarsely pound the ginger, garlic and fennel seeds using a mortar and pestle and keep aside.
- Heat ghee in a pan on medium flame, add the cinnamon stick a.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	18	4	6