

Recipe Name: Karnataka Style Gorai Kai Kara Recipe - Cluster Beans Chutney

Diet Type:

Course: South Indian Breakfast

Cuisine: Karnataka

Quantity:



Ingredients

Ingredient	Quantity
• 15 Gawar Phali (Kothavarangai / Cluster beans) - chopped	4
• 1 inch Ginger - chopped	
• 4 cloves Garlic - chopped	
• 5 Green Chillies - chopped	
• 3 tablespoons Roasted Peanuts (Moongphali) - dry roasted	
• 1/4 teaspoon Coriander (Dhania) Seeds	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 18 grams Tamarind	
• Salt - to taste	
• 1 teaspoon Mustard seeds	
• 1 teaspoon White Urad Dal (Split)	
• 1 pinch Asafoetida (hing)	

Preparation

- To begin making the Karnataka Style Gorai Kai Kara Recipe (Cluster Beans Chutney Recipe), firstly begin by washing the cluster beans and removing the two pointed ends.
- Chop them half and keep it aside.
- Heat a kadai with oil and splutter cumin seeds, corian.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	2	4	6