

Recipe Name: Potlankaya Perugu Pachhadi Recipe (Curd & Sunke Gourad Chutney)

Diet Type:

Course: Side Dish

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 Snake gourd (pudulagai) - finely chopped (approximately 1 cup)	4
• 1 cup Curd (Dahi / Yogurt)	
• 1/2 cup Fresh coconut - grated	
• 1 teaspoon Sunflower Oil	
• 1/4 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• 1 Dry Red Chilli - broken into pieces	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Mustard seeds	
• 1 teaspoon Sunflower Oil	
• 1/4 teaspoon Asafoetida (hing)	

Preparation

- To begin the preparation of Potlakaya Perugu Pachhadi Recipe, first heat a small pan and add oil.
- Add the finely chopped snake gourd pieces.
- Fry for a few seconds.
- Add salt and cover the pan.
- Let it cook for 2-3 minutes.
- Ensure the pieces do not get burnt,.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	5	20	7	2	5