

Recipe Name: Nellikai Oorugai / Amla Sambhario Recipe
(Instant Gooseberry Piccile Recipe)

Diet Type:

Course: Side Dish

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 100 grams Amla (Nellikai/ Gooseberry) - deseeded and finely chopped	80
• 1 teaspoon Methi Seeds (Fenugreek Seeds) - roasted and powdered	
• 1 teaspoon Mustard seeds	
• 1 teaspoon Mustard oil	
• 1 teaspoon Red Chilli powder	
• 1/2 teaspoon Asafoetida (hing)	
• Salt - to taste	

Preparation

- We begin making the Nellikai oorugai/Amla Sambhario Recipe (Instant Gooseberry Pickle Recipe) by de-seeding the gooseberries and keeping it aside.
- Heat oil in a small skillet, splutter seeds, hing and red chili powder and add this to the gooseberries alone.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	30	2	4	20