

Recipe Name: Chettinad Pakora Curry Recipe

Diet Type:

Course: Side Dish

Cuisine: Chettinad

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Chana dal (Bengal Gram Dal) - soaked for 20 minutes	4
• 2 Dry Red Chillies	
• 1 teaspoon Fennel seeds (Saunf)	
• Salt - to taste	
• Sunflower Oil - for frying the pakodas	
• 1 Onion - finely chopped	
• 1 Tomato - finely chopped	
• 1 Green Chillies - finely chopped	
• 7 cloves Garlic - finely chopped	
• 2 teaspoons Coriander Powder (Dhania)	
• 1 teaspoon Red Chilli powder	
• 1 Cinnamon Stick (Dalchini)	
• 1 Bay leaf (tej patta)	
• 2 Cardamom (Elaichi) Pods/Seeds	
• 1 teaspoon Fennel seeds (Saunf)	
• 1 sprig Curry leaves	
• 2 teaspoons Coriander (Dhania) Leaves - finely chopped for garnish	
• 1 tablespoon Sunflower Oil	
• Salt - to taste	
• 2 tablespoons Fresh coconut	
• 1 teaspoon Poppy seeds	
• 1 teaspoon Fennel seeds (Saunf)	
• 5 Cashew nuts	
• 2 tablespoons Roasted Gram Dal (Pottukadalai)	

Preparation



- Soak the channa dal along with red chillies for 20 minutes and then grind it with fennel seeds, salt using a mixer grinder to a coarse paste with very little.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	25	35	20	5	5

