



Recipe Name: Case Podimas Recipe (South Indian Style Blindine Mash)

Diet Type:

Course: Side Dish

Cuisine: Tamil Nadu

Quantity:



Ingredients

Ingredient	Quantity
• 4 Raw Banana - par boiled and grated thick	4
• 1 teaspoon Mustard seeds	
• 1/2 teaspoon White Urad Dal (Split)	
• 1 sprig Curry leaves	
• 1 Onion - finely chopped	
• 1 Green Chilli - finely chopped	
• 1 teaspoon Ginger - grated	
• 1/2 cup Fresh coconut - grated	
• 1 tablespoon Sunflower Oil	
• Salt - to taste	

Preparation

- To begin making Vazhakkai Podimas Recipe, pressure cook the plantains along with the skin with 1/2 cup water using a pressure cooker for 2 whistles.
- Once the plantains are cooked, peel its skin, grate is and keep aside.
- Heat oil in a pan on medium flame, ad.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	2	4	5