

Recipe Name: Hunase Gojju Recipe - Hunase Gojju Recipe

Diet Type:

Course: Lunch

Cuisine: Karnataka

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup tamarind paste	4
• 1/2 cup jaggery	
• 1 teaspoon rasam powder - or red chili powder	
• salt - as per taste	
• 1 tablespoon oil	
• 1 teaspoon fenugreek seeds	
• 10 curry leaves	
• 1 teaspoon mustard	
• asafoetida - Pinch	
• 4 to 5 green chillies - thin and straight cut	

Preparation

- To make Hunase Gojju recipe, first heat oil in a pan.
- Add mustard seeds, fenugreek seeds, curry leaves, asafoetida and chilli.
- After 15 to 20 seconds, add tamarind paste, jaggery, rasam powder, mix it and cook for 2 minutes.
- Now add 2 cups of water to it.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	3	35	15	4	10