

Recipe Name: Kaigari Pirattal Recipe (Chettinad Style Mixed Vegetables)

Diet Type: Vegetarian

Course: Lunch

Cuisine: Tamil Nadu

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Cauliflower (gobi) - broken into small florets	4
• 1/4 cup Green beans (French Beans) - cut into one-inch pieces	
• 1/4 cup Carrots (Gajjar) - cut into inch long pieces	
• 2 Potatoes (Aloo) - cut into cubes	
• 1 Onion - sliced	
• 2 teaspoons Sunflower Oil	
• 1 teaspoon Mustard seeds	
• 1 sprig Curry leaves	
• 1/2 cup Fresh coconut - grated	
• 2 Dry Red Chillies	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon Fennel seeds (Saunf)	

Preparation

- To begin making Kaigari Pirattal (Chettinad Style Mixed Vegetables) Recipe, heat a wok in medium flame and pour oil in it.
- Now, put the mustard seeds, curry leaves and let it splutter.
- Now, add all the cut vegetables into the tempering and give it a stir.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	20	8	10