

**Recipe Name:** Andhra Style Stuffed Boils Recipe (Crispy Tapioke Snack)

**Diet Type:**

**Course:** Snack

**Cuisine:** Andhra

**Quantity:**



## Ingredients

| Ingredient                                             | Quantity |
|--------------------------------------------------------|----------|
| • 1 cup Sabudana (Tapioca Pearls) - soaked for 2 hours | 4        |
| • 2 tablespoon Hung Curd (Greek Yogurt)                |          |
| • 1 cup Rice flour                                     |          |
| • 1 teaspoon Cumin seeds (Jeera)                       |          |
| • 1 tablespoon Red Chilli powder                       |          |
| • 1 sprig Curry leaves - chopped                       |          |
| • 2 Green Chillies - chopped                           |          |
| • 1 Onion - sliced                                     |          |
| • Salt - to taste                                      |          |

## Preparation

- To begin making the Saggubiyam Punugulu, soak the tapioca pearls in water for 2 hours and boil them on a sauce pan with some more water added for about 10 minutes.
- Take a bowl, add all the ingredients including the boiled tapioca and mix well.
- Check for s.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
| 220             | 2           | 35        | 10      | 2         | 5         |