

**Recipe Name:** Chow Chow Sambar Recipe - Chow-Chow Sambar

**Diet Type:** Vegetarian

**Course:** Lunch

**Cuisine:** South Indian Recipes

**Quantity:**



## Ingredients

| Ingredient                                  | Quantity |
|---------------------------------------------|----------|
| • 1 cup arhar dal                           | 4        |
| • 2 cups chow chow - chop                   |          |
| • 30 grams tamarind - soaked in 1 cup water |          |
| • 1 onion - thinly sliced                   |          |
| • 2 tomatoes - chopped                      |          |
| • 1 tablespoon sambar powder                |          |
| • 1/4 teaspoon turmeric powder              |          |
| • 4 sprigs of coriander - chopped           |          |
| • oil - according to use                    |          |
| • salt - as per taste                       |          |
| • 1 teaspoon sesame oil - or any oil        |          |
| • 1 teaspoon mustard                        |          |
| • 1/4 teaspoon asafoetida                   |          |
| • 1 red chili                               |          |
| • 1 sprig Curry leaves                      |          |

## Preparation

- To make chow chow sambar, first put 2 cups water, turmeric powder, salt along with lentils in a pressure cooker and cook till 2 years come.
- After the lentils are cooked, mash the lentils well and keep them aside.
- Heat the oil in a pan.
- Add onions and cook.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
| 250             | 10          | 35        | 10      | 5         | 5         |