

Recipe Name: Kerala Style Pacha Mango Avial Recipe

Diet Type:

Course: Side Dish

Cuisine: Kerala Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 Carrot (Gajjar) - finely chopped	4
• 1 Brinjal (Baingan / Eggplant) - finely chopped	
• 1 Potato (Aloo) - finely diced	
• 1 Elephant yam (Suran/Senai/Ratalu) - finely diced	
• 6 Green beans (French Beans) - cut into 1 inch pieces	
• 1 Mango (Raw) - cut into 1 inch lengthwise	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1 cup Fresh coconut - grated	
• 1 tablespoon Ginger - juliennes	
• 6 Green Chillies	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1 cup Pearl onions (Sambar Onions)	
• 2 sprig Curry leaves	
• 1 tablespoon Coconut Oil	
• Salt - to taste	

Preparation

- To begin making Kerala Style Pacha Mango Avial Recipe, in a mixer grinder, coarsely grind fresh grated coconut, green chillies (reserve a few for later), cumin seeds and shallots with a little water.
- Keep aside in a bowl.
- Place a kadai on a medium heat, co.

Macronutrients

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