

Recipe Name: Keerai Masiyal Recipe
Diet Type:
Course: Side Dish
Cuisine: South Indian Recipes
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 500 grams Spinach - chopped	4
• Amaranth leaves - chopped	
• 1/2 teaspoon cumin seeds	
• 1/2 teaspoon mustard	
• 1 teaspoon white urad dal	
• 1 sprig curry leaves	
• asafetida - a pinch	
• salt - as per taste 1 teaspoon oil	

Preparation

- To make Keerai Masli, firstly put Amaranth and Spinach in a pressure cooker with 1 tablespoon of water and salt.
- Cook till 1 city comes and keep the cooker under cold water to remove the pressure.
- Keep it aside.
- Now heat oil in a pan.
- Add the mustard seed.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	20	2	4	2