

Recipe Name: Ambul Polos Curry - Sri Lankan Jack Fruit Curry Recipe With Pol Sambol

Diet Type:

Course: Lunch

Cuisine: Asian

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
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| <ul style="list-style-type: none">• 1 cup Fresh coconut - grated• 6 Dry Red Chillies• 1/2 cup Pearl onions (Sambar Onions) - 1 red onion diced• 1 Lemon - juice extracted• 1/2 teaspoon Coriander (Dhania) Seeds• 1/2 teaspoon Cumin seeds (Jeera)• 1/2 teaspoon Whole Black Pepper Corns• 1/2 teaspoon Mustard seeds• 4 Cloves (Laung)• 3 Cardamom (Elaichi) Pods/Seeds• 1 inch Cinnamon Stick (Dalchini)• 1 teaspoon Fennel seeds (Saunf)• 2 Dry Red Chillies• 1 tablespoon Sunflower Oil• 4 cloves Garlic - finely chopped• 1 inch Ginger - finely chopped• 2 Onions - thinly sliced• 2 sprig Curry leaves• 1-1/2 cups Jackfruit Raw (Kathal)• Salt - to taste• 2-1/2 cups Water | 4 |
|---|---|

Preparation

- To begin making the Ambul Polos Curry - Sri Lankan Jack Fruit Curry Recipe, prepare the jackfruit by peeling cutting and keep aside.
- To make the Pol Sambol, add all the ingredients for pol sambol into a mixer grinder and make a coarse paste of it and keep.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	22	60	24	10	20

