



**Recipe Name:** Nendra Pazham Pulissery Recipe - Ayurvedic Recipe

**Diet Type:**

**Course:** Lunch

**Cuisine:** Kerala Recipes

**Quantity:** 1 bowl



## Ingredients

| Ingredient                                           | Quantity |
|------------------------------------------------------|----------|
| • 2 Nendra Pazham Banana (Ripe) - sliced into rounds | 4        |
| • 1/4 teaspoon Turmeric powder (Haldi)               |          |
| • Salt - to taste                                    |          |
| • 1 cup Curd (Dahi / Yogurt)                         |          |
| • Coconut Oil - for cooking                          |          |
| • 1/2 cup Fresh coconut                              |          |
| • 2 Green Chilli                                     |          |
| • 1 sprig Curry leaves                               |          |
| • 1 teaspoon Cumin seeds (Jeera)                     |          |
| • 1 teaspoon Mustard seeds                           |          |
| • 1 sprig Curry leaves                               |          |
| • 1 teaspoon White Urad Dal (Split)                  |          |
| • Sunflower Oil - for tempering                      |          |

## Preparation

- Meanwhile grind all the ingredie.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
| 420             | 10          | 60        | 20      | 8         | 30        |