

Recipe Name: Karnataka Special Huli Tovve Recipe
Diet Type:
Course: Lunch
Cuisine: Kerala Recipes
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 cup Mixed vegetables - (french beans	2
• 1/4 cup Raw Peanuts (Moongphali)	
• 1/2 cup Arhar dal (Split Toor Dal)	
• Salt - to taste	
• 1 tablespoon Jaggery	
• 1/4 cup Fresh coconut - grated	
• 6 Dry Red Chillies	
• 1 tablespoon Chana dal (Bengal Gram Dal)	
• 1 tablespoon White Urad Dal (Split)	
• 1 inch Cinnamon Stick (Dalchini)	
• 1 tablespoon Sunflower Oil	
• 1 teaspoon Mustard seeds	
• Asafoetida (hing) - A pinch	
• Curry leaves - as required	

Preparation

- To begin with Huli Tovve, wash and soak the toor dal till you prepare your vegetables.
- Wash and cut the vegetables.
- Pressure cook Toor dal, mixed vegetables and peanuts till they the cooker releases 3-4 whistles.
- The next step is to prepare the paste.
- Dry r.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
180	6	30	4	8	2