DietCloud – Recipe

Recipe Name: KOTHAVARANGAI PORRIYAL

Diet Type:

Course: General Course

Cuisine: Indian

Quantity:



Description

Kothavarangai Poriyal is a classic South Indian stir-fry featuring tender cluster beans (kothavarangai) tossed with fragrant spices and fresh grated coconut. This vibrant, wholesome side dish is known for its delicate crunch and earthy flavor, making it a perfect accompaniment to rice, sambar, or rasam, adding a touch of traditional comfort to any meal. It's a quick and nutritious preparation that highlights the natural goodness of the beans.
[PROS]
- High in dietary fiber, aiding digestion and promoting satiety.
- Good source of vitamins A, C, and K, along with minerals like iron and folate.
- Low in calories and fat (when prepared with minimal oil), supporting weight management.
- Supports bone health due to its vitamin K content.
[CONS]
- Cluster beans can have a slight bitterness if not cooked properly or if overly mature.
- Some individuals might experience mild gas or bloating due to the high fiber content, especially if not accustomed to it.
[DIETITIAN REVIEW]
This Kothavarangai Poriyal is an excellent choice for a nutritious and flavorful side dish. Cluster beans provide a significant fiber boost, essential vitamins, and minerals, contributing to overall well-being and digestive health. The addition of fresh coconut adds healthy fats and enhances flavor without significantly increasing caloric density for a single serving. It's a well-balanced and wholesome vegetable preparation.
Score: 8.5/10

Ingredients

Ingredient	Quantity
• Cluster Beans (Kothavarangai)	1 cup, chopped
• Freshly Grated Coconut	2 tablespoons
• Cooking Oil	1.5 teaspoons
• Mustard Seeds	1/4 teaspoon
• Urad Dal	1/2 teaspoon

• Dried Red Chili	1, broken into 2-3 pieces

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• Curry Leaves	1 small sprig

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- Turmeric Powder — Pinch (optional)

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• Salt	To taste

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• Water	1/4 cup (for cooking)

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Preparation

• 1.
• Wash the cluster beans thoroughly, trim the ends, and chop them into 1-inch pieces.
• 2.
• In a small pot or pan, bring about 1/4 cup of water to a boil.
• Add the chopped cluster beans and a pinch of salt.
• Cook covered for 5-7 minutes, or until the beans are tender but still retain a slight bite.
• Drain any excess water and set aside.
• 3.
• Heat cooking oil in a pan or kadai over medium heat.
• Add mustard seeds and let them splutter.
• 4.
• Once the mustard seeds splutter, add urad dal and the broken dried red chili.
• Sauté until the urad dal turns golden brown.
• 5.
• Add the curry leaves and sauté for a few seconds until fragrant.
• 6.
• Add the cooked cluster beans to the pan along with a pinch of turmeric powder (if using) and salt to taste.
• Toss gently to combine all ingredients.
• 7.
• Stir in the freshly grated coconut and cook for another 1-2 minutes, allowing the flavors to meld.
• If desired, garnish with a whole dried red chili as seen in the photo.
• 8.
• Remove from heat and serve hot as a delicious side dish with rice and curry.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	20	3	4	2