

Recipe Name: Karpooravalli Chutney Recipe (Tamil Nadu Chutney With Big Thyme)

Diet Type:

Course: Side Dish

Cuisine: Tamil Nadu

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 10 Indian borage (Doddapatre)	3
• 1/2 cup Fresh coconut	
• 10 grams Tamarind - (small lemon size)	
• 2 Dry Red Chillies	
• 1/4 teaspoon Asafoetida (hing)	
• 1/3 teaspoon Mustard seeds	
• 1 teaspoon White Urad Dal (Split)	
• 1 teaspoon Chana dal (Bengal Gram Dal)	
• Salt - to taste	
• 2 teaspoons Sunflower Oil	

Preparation

- To begin making Karpooravalli Chutney Recipe, wash the karpooravalli leaves well.
- Heat oil in a heavy bottomed pan, add urad dal and chana dal and fry until they are brown in colour.
- Allow it to cool.
- Then transfer everything to a mixie jar and add salt, asafoetida, dessicated coconut and tamarind to it along with little water.
- Grind it finely or coarsely as per your preference.
- Heat a teaspoon of oil in the same pan and add mustard seeds.
- After they splutter switch off the flame and add to the ground chutney and mix well.

Macronutrients

Calories (kcal) Protein (g) Carbs (g) Fat (g) Fiber (g) Sugar (g)



70

2

10

3

2

2

