

Recipe Name: Pacha Manga Pachadi Recipe - Raw Mango Pachadi

Diet Type:

Course: Side Dish

Cuisine: Tamil Nadu

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 2 Mango (Raw) - cut into big chunks with the skin	4
• 1/4 cup Tamarind Water	
• 1 tablespoon Jaggery	
• 1/2 teaspoon Sambar Powder	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Salt	
• 1/2 teaspoon Mustard seeds	
• 1/4 teaspoon Asafoetida (hing)	
• 1 sprig Curry leaves	
• 2 Dry Red Chillies	
• Sunflower Oil - for cooking	

Preparation

- To begin making the Pacha Manga Pachadi Recipe, start by boiling the raw mango in tamarind water, jaggery, and turmeric powder in a saucepan over a medium heat.
- Boil till the raw mango becomes soft & cooked, once that is done add in the sambar powder, salt and give it a stir.
- Leave the Pacha Manga Pachadi to boil till it thickens up.
- Once it thickens, turn off the heat.
- In a tempering pan, add oil and place over medium heat; once it is hot add in mustard seeds allow it to crackle.
- Check the taste and adjust the salt and spices accordingly.

Macronutrients



Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	30	1	3	10

