DietCloud – Recipe

Recipe Name: SOUTH INDIAN SAMBAR

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

South Indian Sambar is a hearty and aromatic lentil-based vegetable stew, brimming with wholesome ingredients and a distinctive tangy-spicy flavor profile. The attached photo shows a vibrant, reddish-orange Sambar in a white bowl, visibly containing elongated drumstick pieces, small pearl onions, and hints of other vegetables like carrots or pumpkin, topped with a fresh curry leaf and tiny black mustard seeds from the tempering. This traditional South Indian curry is typically served hot alongside steamed rice, idli, dosa, or vada, offering a complete and satisfying meal.
[PROS]
- High in plant-based protein from lentils, essential for muscle repair and satiety.
- Rich in dietary fiber from lentils and vegetables, aiding digestion and promoting gut health.
- Packed with a variety of vitamins and minerals from the diverse vegetable medley and spices.
[CONS]
- Can be high in sodium, depending on preparation, which might be a concern for those managing blood pressure.
- The use of certain spices or lentils may cause bloating or gas in some individuals with sensitive digestive systems.
[DIETITIAN REVIEW]
Sambar is an excellent example of a balanced and nutritious meal, especially when portioned correctly. It provides a good source of plant-based protein, complex carbohydrates, and a significant amount of dietary fiber and micronutrients from the varied vegetables and spices. The combination of lentils and vegetables makes it a highly satiating and gut-friendly option. Score: 8/10

Ingredients

Ingredient	Quantity
• Toor Dal (Pigeon Pea Lentils)	1/4 cup
• Tamarind Pulp	1 tbsp (from a small lemon-sized ball)
• Sambar Powder	1.5 tsp
• Drumstick (Moringa)	1, cut into 2-inch pieces
• Pearl Onions	3-4 small

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• Carrot	1/4 cup, chopped

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• Tomato	1/4 small, chopped

- Curry Leaves 4-5

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- Mustard Seeds 1/4 tsp

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• Asafoetida (Hing)	a pinch

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• Dried Red Chili	1 (optional, for tempering)

- Oil (Sesame or Coconut) 1 tsp

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• Salt	to taste

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• Water	1.5 - 2 cups (divided)

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- Fresh Coriander Leaves for garnish (optional)

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Preparation

• 1.
• Wash and soak toor dal for 20-30 minutes.
• Pressure cook the dal with 1 cup of water until soft (2-3 whistles).
• Mash lightly and set aside.
• 2.
• In a separate pot, boil tamarind pulp with 1/2 cup water.
• Add chopped drumsticks, pearl onions, carrots, and tomato.
• Cook until vegetables are tender.
• 3.
• Add sambar powder and salt to the boiling vegetables and tamarind mixture.
• Mix well and cook for 2-3 minutes.
• 4.
• Stir in the mashed toor dal and add more water (about 1/2 to 1 cup) to achieve the desired consistency.
• Bring to a gentle boil and simmer for 5-7 minutes, allowing all the flavors to meld.
• 5.
• For tempering, heat oil in a small pan.
• Add mustard seeds and let them splutter.
• Then add asafoetida, dried red chili (if using), and curry leaves.
• Sauté for a few seconds until fragrant.
• 6.
• Pour the tempering into the simmering sambar.
• Mix well.
• 7.
• Garnish with fresh coriander leaves if desired, and serve hot with your choice of accompaniment like rice, idli, or dosa.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	15	60	10	8	10