

Recipe Name: Kerala Style Arabic Vegetable Recipe -
Kerala Style Arbi Curry

Diet Type: Vegetarian

Course: Lunch

Cuisine: Kerala Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 250 gm arabic - wash now	3
• peel	
• 1 tamarind - Malabar	
• salt - as per taste	
• 1/4 cup coconut - scrape	
• 1 teaspoon red chilli powder	
• 2 onions - peeled	
• 1 tablespoon coconut oil	
• 2 onions - peel and chop	
• 1 teaspoon mustard	
• 1 teaspoon cumin seeds	
• 2 dry red chillies - break	
• 7 curry leaves	

Preparation

- To make Kerala Style Arabic Vegetable, first wash and boil the Arabic well.
- Apply some coconut oil on your hands and peel the arbi.
- Cut the arbi and keep it aside.
- Add tamarind, salt, arbi and some water in a pan.
- Cook the arbi and tamarind till it is cooked well.
- Now put coconut, red chili powder and small onions in a mixer grinder.
- Grind and put this mixture in the pan.
- Add salt, mix and let it cook for 5 to 6 minutes.
- Now heat the oil in a tempering pan.
- Add mustard seeds and cumin seeds and let it cook for 10 seconds.
- Add onion, curry leaves and cook till the onion becomes soft.



- Add dry red chillies to it and let it cook for 10 seconds.
- Add this tempering to the curry and mix.
- Serve Kerala Style Arabic Vegetables with rice and cumin rasam for dinner.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	4	40	10	6	5

