

Recipe Name: Mullangi Curry Recipe
Diet Type:
Course: Dinner
Cuisine: Tamil Nadu
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 2 radishes - washed	4
• 1/8 teaspoon turmeric powder	
• 2 teaspoons red chilli powder	
• 1 teaspoon coriander powder	
• salt - as per taste	
• 1 teaspoon chana dal	
• 1 tablespoon sesame oil	
• 1 teaspoon black urad dal (Split)	
• 1 teaspoon Cumin seeds	
• 1 sprig Curry leaves	

Preparation

- To make Mullangi curry, first heat oil in a pan.
- Add the given ingredients one by one for tempering.
- After 15 seconds, add carrots to it and mix.
- After adding the carrots, add turmeric powder, red chili powder, coriander powder and salt.
- Cook out for 1 minute then add 1/2 cup of water.
- Cover the pan and let the radish cook till it becomes soft.
- Stir in the batch.
- After cooking, open the pan and cook on high heat for 20 seconds.
- Serve hot.
- Serve mulangi curry with mixed vegetable sambar and rice for the day's meal.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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150

4

30

3

5

6

