

Recipe Name: Konkani Style Avnas Ambe Sasam Recipe-
Fruit Salad with Coconut

Diet Type:

Course: Dessert

Cuisine: Konkani

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 Pineapple - chopped into medium cubes	4
• 1 Mango (Ripe) - chopped into medium cubes	
• 1 cup Green seedless Grapes	
• 4 tablespoon Fresh coconut	
• 1 Dry Red Chilli	
• 1 teaspoon Jaggery	
• 1 teaspoon Mustard seeds	
• 1 teaspoon Mustard seeds	
• 1 sprig Curry leaves	
• Sunflower Oil - for cooking	

Preparation

- To begin making the Konkani Style Avnas Ambe Sasam Recipe-Fruit Salad with Coconut chop all the fruits and keep it ready.
- Grind coconut, jaggery, mustard seeds, and dry red chillies to a coarse mixture.
- Heat a kadai with oil, add the ground coconut mixture and add chopped pineapple.
- Mix well to combine.
- Add chopped mangoes and grapes and turn off the heat.
- Toss the fruits well with the ground masala.
- To temper, heat a small kadai with oil, add mustard seeds and let them splutter, add the curry leaves and crackle them for 2 seconds and pour the tempering over the fruit salad and serve.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	3	35	12	5	20