

Recipe Name: Raw Tomato Chutney Recipe
Diet Type:
Course: Side Dish
Cuisine: South Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Tomatoes	4
• 4 Green Chillies	
• 4 cloves Garlic	
• 1 teaspoon Methi Seeds (Fenugreek Seeds)	
• Salt - to taste	
• 1 teaspoon Jaggery	
• 1 sprig Curry leaves	
• 1 Onion - finely chopped	
• 1 teaspoon Mustard seeds	
• Sunflower Oil - to cook	

Preparation

- To prepare Raw tomato chutney recipe, in a pan, heat oil.
- Add fenugreek seeds and let them turn red.
- Add garlic, chopped green tomatoes, and saute till the tomatoes sweat and soften.
- Cool it down.
- Add the cooled down tomatoes, salt, jaggery into a blender and blend it into a coarse paste.
- Heat the remaining oil in the pan.
- Add mustard seeds and let it crackle.
- Add curry leaves and let it crisp up.
- Add finely chopped onions and saute till it turns translucent.
- Add the chutney and 1/4 cup water and boil till the raw tomato chutney thickens.



Macronutrients

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