

Recipe Name: Karwar Style Bibya Usal Recipe (Spiced Cashew Nut Sabzi)

Diet Type:

Course: Side Dish

Cuisine: Karnataka

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Cashew nuts - soaked in warm water and salt for 15 minutes	2
• 3 tablespoons Fresh coconut - grated	
• 1 teaspoon Sugar	
• Salt - to taste	
• 2 teaspoons Coconut Oil	
• 1 teaspoon White Urad Dal (Split)	
• 1/2 teaspoon Mustard seeds	
• 3 Dry Red Chillies - broken (adjust to taste)	
• 4 cloves Garlic - crushed	
• 1/4 teaspoon Turmeric powder (Haldi)	
• Curry leaves - a few	

Preparation

- To begin making the Karwar Style Bibya Usal Recipe (Spiced Cashew Nut Sabzi), soak the cashews in warm water and a little salt for about 10 minutes.
- Heat oil in a heavy bottomed pan.
- Once the oil is hot, add the mustard seeds and let them splutter.
- As the mustard splutters, add split black gram and fry till them till it turns golden brown.
- Break in the dry red chillies into half into the kadai and add curry leaves along with crushed garlic. After a few seconds of frying them, add the cashew nuts and turmeric.
- Toss cashews to mix with the tempering.
- Add salt, sugar and about 1/4 cup of water and mix everything well.
- Now cover and cook in low heat for 5 to 10 minutes.
- Cashew nuts should be soft but slightly crunchy.



- Add grated coconut and allow all the water to dry up with stirring.
- Check for salt and adjust spices if needed, allow to sit for a minute and switch off.

Macronutrients

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