

Recipe Name: Tamarind Ginger Chutney

Diet Type:

Course: Side Dish

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup tamarind paste - as much as lemon	4
• 2 tbsp ginger - cut	
• 2 tbsp green chillies - cut	
• 1/4 tsp turmeric powder	
• 1/4 tsp fenugreek seeds	
• 1/4 tsp red chilli Powder	
• 1/4 tsp asafoetida	
• 3 tbsp jaggery	
• 1 tbsp sesame oil	
• 1/4 tsp rye	
• 2-3 curry leaves - finely chopped	
• salt - as per taste	

Preparation

- To make the Puli Engi recipe, first heat the oil in a saucepan.
- Add the mustard seeds, fenugreek seeds and cook for 10 seconds.
- Now add asafoetida, curry leaves, ginger, green chilli and cook for 30 seconds.
- Now add turmeric powder, tamarind paste, red chilli powder, jaggery, salt and cook for 1 minute.
- Now boil in this mixture Come on After boiling, reduce the heat and let it cook for 15 minutes.
- Turn off the flame and serve.
- Serve Puli Engi with ghee roast dosa and filter coffee for breakfast.

Macronutrients

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