

Recipe Name: Padipe Saasmi Recipe - Udupi Style
Amaranth Leaves Curry With Coconut & Tamarind

Diet Type:

Course: Side Dish

Cuisine: Udupi

Quantity:



Ingredients

Ingredient	Quantity
• 12 sprig Red Amaranth Leaves - You can use spinach also	4
• 1 cup Fresh coconut - grated	
• 4 Dry Red Chillies	
• 2 Green Chillies	
• 1 teaspoon Mustard seeds	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 Tamarind - marble sized	
• Salt - to taste	
• 1-1/2 teaspoon Sunflower Oil	
• 1 teaspoon Sunflower Oil	
• 1 teaspoon Mustard seeds	
• 2 Dry Red Chillies	
• 1 teaspoon White Urad Dal (Split)	
• 1 sprig Curry leaves	

Preparation

- To begin making the Padipe Saasmi Recipe, pluck the amaranth leaves, include some of the tender stem as well.
- Wash the leaves and stem well in water.
- Drain the leaves from water.
- Chop them finely.
- Grind together coconut, dry red chillies, green chillies, mustard seeds and cumin seeds into a thick and smooth paste.
- Heat oil in a heavy bottomed pan.
- Add the ground paste and cook until the raw smell is gone.



- Add chopped spinach/amaranth leaves and saute for about 5 to 7 minutes.
- Heat oil in a tadka pan.
- Add mustard seeds and allow it to splutter.
- Add dry red chilies, urad dal and curry leaves.
- Turn off flame and serve hot.

Macronutrients

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