

Recipe Name: South Indian Coconut Chutney (Recipe In Hindi)

Diet Type:

Course: Side Dish

Cuisine: South Indian Recipes

Quantity:



South Indian Chutney

Ingredients

Ingredient	Quantity
• 1 ?? ?????? - ?? ??	4
• 1 ??? ?????? ??????? ??? ??	
• 5 ?????	
• 2 ??? ?????	
• 1 ??? ????	
• 1/2 ????? ?????? ??	
• 1 ????? ?????? ????? ??? ??	
• 1 ????? ?????? ??? - ??????? ???????	
• 4 ??? ?????? - ?????? ??? ??	
• 2 ????? ??? ?????	
• ??? - ?????? ???????	

Preparation

- To make South Indian coconut chutney, firstly pour all the ingredients except the tempering material into the mixer grinder with 1/2 cup of hot water and grind it.
- Now heat the oil in a small pan.
- Add the mustard seeds, urad dal, curry leaves and let it cook for 15 seconds.
- Add this tempering to the chutney.
- Now add lemon and salt to it.
- Mix and serve.
- Serve coconut chutney with ghee dosa, idli or rava dosa for breakfast.

Macronutrients

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