

Recipe Name: Kothamalli Thovayal Recipe (Dry Coriander Leaves Chutney)

Diet Type:

Course: Side Dish

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 15 sprig Coriander (Dhania) Leaves	4
• 1/4 cup White Urad Dal (Split)	
• 5 Dry Red Chillies	
• Asafoetida (hing) - A pinch	
• 20 grams Tamarind	
• 2 tablespoons Fresh coconut - grated (optional)	
• 1/2 teaspoon Sunflower Oil	
• Salt - to taste	

Preparation

- To begin making Kothamalli Thovayal Recipe, heat oil in a pan and roast the split urad dal till golden brown and keep aside.
- In the same pan, add the dried red chillies and roast.
- Keep this aside.
- Add the roughly chopped coriander leaves to the pan and saute until it just gets wilted and switch off the flame.
- Once cool, grind all the roasted ingredients together along with salt, tamarind, asafoetida and coconut to a coarse consistency.

Macronutrients

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