

Recipe Name: Keri Na Gotla Nu Shaak Recipe - Gujarati Style Ripe Mango Curry

Diet Type:

Course: Lunch

Cuisine: Gujarati Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 3 Mango (Ripe)	3
• 1 1/2 tablespoons Gram flour (besan)	
• 1 teaspoon Red Chilli powder	
• 1/2 teaspoon Cumin powder (Jeera)	
• 1/2 teaspoon Coriander Powder (Dhania)	
• 2 tablespoons Jaggery - adjust as per sourness of mango	
• Salt - to taste	
• 3/4 cup Water	
• 1 teaspoon Sunflower Oil	
• 1 teaspoon Mustard seeds	
• 1/2 teaspoon White Urad Dal (Split)	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 pinch Asafoetida (hing)	
• 1 Dry Red Chilli	
• 1 sprig Curry leaves	

Preparation

- In a mixing bowl, squeeze out the the mango pulp and the seeds.
- Make sure that there should be any no lumps in the mixture.
- Transfer this entire mixture into a saucepan and bring it boil on medium flame.



- Turn off the flame.

Macronutrients

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