

Recipe Name: Horsegram Chutney (Recipe In Hindi)
Diet Type:
Course: Side Dish
Cuisine: South Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 3 ?????? ???	4
• 1 ??? ?????? ??? ???	
• 1 ??? ?????? ????? ??? ???	
• 1/4 ?? ??????? - ?? ??	
• 2 ????? ??? ?????	
• 1 ????? ?????? ???	
• 1 ????? ?????? ???	
• 1 ????? ??? ?????	
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• ??? - ?????? ???????	
• ????? - ??????? ???????	

Preparation

- To make Kollu Thogayal, heat the oil in a pan first.
- Now add mustard seeds and let it cook for 10 seconds.
- After 10 seconds add asafetida, curry leaves, dry red chillies, chana dal and urad dal.
- Mix and let it cook for 15 seconds.
- After 15 seconds add turmeric powder and lentils.
- Cook for 2 to 3 minutes.
- Turn off the gas and add coconut to it.
- After cooling, add some water and make a paste.
- Add salt and grind once again.
- Serve.
- Serve Kollu Thogayal with mixed vegetable sambar, rice and Chow Chow Thoran for dinner.



Macronutrients

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