

Recipe Name: Beetroot Chutney (Recipe In Hindi)

Diet Type:

Course: Side Dish

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 ?????? - ?? ??	4
• 1 ????? ??? ?????	
• 2 ??? ?????	
• ????? - ????? ??	
• 1/2 tablespoon ??? ?? ??	
• 1 tablespoon ??? ??	
• 1 tablespoon ????? ??? ??	
• 1/3 cup ?????? - ?? ??	
• 1/2 cup ?????	
• ??? - ????? ?????	
• 1 tablespoon ??? ?? ??	
• 1/2 tablespoon ???	
• 1 sprig ??? ?????	
• 1 pinch ????	

Preparation

- To make Chakundar chutney, first heat oil in a pan.
- Now add Chana Dal and Kali Urad Dal.
- After 20 seconds, add asafoetida, curry leaves and let it cook for 10 seconds.
- Now add grated chakundar and green chilli.
- Let it cook for 5 to 6 minutes.
- Turn off the gas and add coconut to it.
- Mix well.
- After cooling, add it to the mixer grinder with salt and some water.
- Grind it into a smooth paste and take out in a bowl.
- Now heat the oil in a tempering pan for tempering.



- Add mustard seeds and let it cook for 10 seconds.
- Now add curry leaves, asafoetida and turn off the gas.
- Add this tempering to the chutney and mix.
- Serve the Chakundar chutney with kirai sambar, chow chow thoran and rice for dinner.

Macronutrients

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