

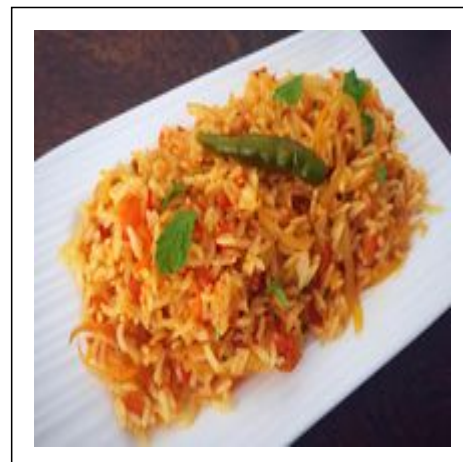
Recipe Name: Chettinad Takkali Sadam Recipe

Diet Type:

Course: Lunch

Cuisine: Chettinad

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups - rice	2
• 1 cup - ginger	
• 2 cups - fennel	
• 1 cup - garlic	
• 1 cup - tomatoes	
• 1 cup - onions	
• 1 cup - green chili	
• 1 cup - red chili powder	
• 1 cup - mint	
• 1 cup - green coriander	
• 1 cup - ghee	
• 1 cup - cumin	
• 1 cup - coriander	
• 1 cup - fennel	
• 1 cup - ginger	
• 1 cup - garlic	
• 1 cup - tomatoes	
• 1 cup - onions	
• 1 cup - green chili	
• 1 cup - red chili powder	
• 1 cup - mint	
• 1 cup - green coriander	

Preparation

- To make the Chettinad Takkali Sadam Recipe, first cook the rice well and keep it aside.
- Now add ginger, garlic, fennel and grind it in a humdasta.
- Keep it aside.
- Heat ghee in a pan.
- Add cumin, long and cook for 10 seconds.
- After 10 seconds, add ginger, garlic, fennel and cook for 3 minutes.
- Add curry leaves, onions and cook till the onions become soft.
- After the onion becomes soft, add tomatoes and cook till the tomatoes are half cooked.
- Now add green chili, red chili powder, mint, green coriander and mix.



- Add salt and cook until tomatoes are cooked well.
- This will take at least 10 minutes.
- After 10 minutes, add cooked rice and mix it well.
- Cook for 5 minutes and turn off the gas.
- Serve.
- Serve the Chettinad Takkali Sadam Recipe along with Bundi Raita and Papad for the day.

Macronutrients

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