

Recipe Name: Kerala Cherupayar Curry Recipe (Green Moong and Yellow Moong Dal Recipe)

Diet Type: Vegetarian

Course: Lunch

Cuisine: Kerala Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Green Moong Dal (Whole)	4
• 1/2 cup Yellow Moong Dal (Split)	
• 10 Pearl onions (Sambar Onions)	
• 1 teaspoon Mustard seeds	
• 1 sprig Curry leaves	
• 2 Dry Red Chilli	
• 1 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• Coconut Oil - for cooking	
• 1/2 cup Fresh coconut	
• 2 Green Chilli	
• 1 teaspoon Cumin seeds (Jeera)	

Preparation

- To begin making the Kerala Cherupayar Curry Recipe, soak the green mung bean in water for at least 2 hours.
- Pressure cook the green mung bean with water for about 4 whistle till it is just cooked.
- Once the pressure has released naturally, take them out and pressure cook the yellow moong dal now by adding some water, turmeric powder and pressure cook for 4 whistle.
- Wait for the pressure to release naturally and mash the dal to a smooth paste.
- Heat a kadai with oil, add mustard seeds and allow it splutter for few seconds and add curry leaves and be careful as it will splutter quickly.
- Add the whole shallots and saute until they soften.
- Add mashed yellow moong dal along with cooked green moong dal and mix well.
- Cook in simmer.
- Meanwhile grind the coconut, green chilli, cumin seeds in a mixer and grind it into a smooth paste by adding little water.



Macronutrients

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