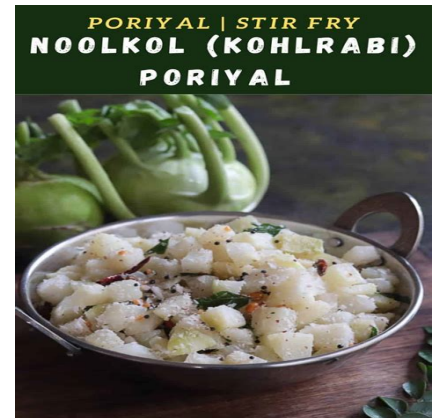


Recipe Name: Kohlrabi Recipe (Knol Khol Poriyal)
Diet Type:
Course: Lunch
Cuisine: Indian
Quantity:



Ingredients

Ingredient	Quantity
• 3 cups Kohlrabi - peeled and sliced	3
• 1 Onion	
• 1 Tomato - diced	
• 1/4 cup Green peas (Matar)	
• 2 Dry Red Chillies	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Mustard seeds	
• 1 teaspoon Black Urad Dal (Split)	
• Curry leaves - few	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Red Chilli powder	
• 1 tablespoon Coriander Powder (Dhania)	
• 2 tablespoons Dessicated Coconut	
• Salt - for taste	

Preparation

- To begin making the Kohlrabi recipe, take kohlrabi and peel the outer fibrous part and cut into small squares.
- Heat oil in a heavy bottomed pan.
- When heated, add cumin seeds and mustard seeds.
- When they splutter, add a teaspoon of black urad dal.
- Saute until the dal turns brown.
- Now add in curry leaves, dry red chillies and turmeric powder.
- Add tomato slices and cook till they become little soft.
- Add fresh peas followed by kohlrabi slices and mix everything.



- Now close the lid and cook for some more time mixing at regular intervalsAdd spices - coriander powder, red chilli powder and salt as per taste.
- Add dry dessicated coconut, mix everything and cook for few minutes by closing lid.
- Cook till kohlrabi slices become soft.
- Turn off the heat and garnish with coriander leaves.

Macronutrients

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