

Recipe Name: Mamidikaya Pesara Pappu Pachadi
Recipe - Raw Mango & Dal Chutney

Diet Type: Vegetarian

Course: Side Dish

Cuisine: Andhra

Quantity:



Ingredients

Ingredient	Quantity
• 1 Mango (Raw) - chopped	4
• 1/2 cup Yellow Moong Dal (Split)	
• 2 Dry Red Chillies	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon Jaggery	
• Salt - to taste	
• 1/2 teaspoon Mustard seeds	
• 1 sprig Curry leaves	
• 2 Dry Red Chillies	
• 1 pinch Asafoetida (hing)	
• Sunflower Oil - for cooking	

Preparation

- To begin making the Mamidikaya Pesara Pappu Pachadi Recipe, roast the moong dal and dry red chillies in a griddle pan till it is light brown.
- Add the roasted dal, green chillies, jaggery cumin seeds into a mixer-jar and grind it into a coarse powder.
- Add the cut raw mango and little water, salt and grind them into a coarse mixture.
- To temper, heat a kadai with oil, add mustard seeds allow it to splutter then add urad dal and let it turn into a nice golden brown colour.
- Add curry leaves, dry red chillies, hing and leave the curry leaves to crackle for 10 seconds.

Macronutrients

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

