

Recipe Name: Sour Arabi Vegetable Recipe - Colocasia in Yoghurt Curry

Diet Type: Vegetarian

Course: Side Dish

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Colocasia root (Arbi) - skin peeled and boiled	4
• 1/2 cup Curd (Dahi / Yogurt)	
• 1 teaspoon Mustard seeds	
• 1 teaspoon Turmeric powder (Haldi)	
• 2 Dry Red Chillies	
• 2 sprig Curry leaves	
• Salt - to taste	
• Sunflower Oil	
• 1 teaspoon Black pepper powder	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon Methi Seeds (Fenugreek Seeds)	
• 4 tablespoon Fresh coconut - grated	

Preparation

- To begin making the Khatti Arbi Ki Sabzi Recipe, we will first pressure cook the arbi in a cooker with water and little salt for at least 4 whistles.
- Once it is done, allow the pressure to release naturally and drain all the water and set aside to cool.
- It will be now easy to peel off the skin, cut the arbi into half.
- In a mixer, add all the ingredients like black pepper powder, cumin seeds, fenugreek seeds and fresh coconut, add little water and grind into a coarse paste.
- Heat oil in a kadai, add mustard seeds and allow it to splutter for few seconds.
- Add in curry leaves and leave it to crackle.
- Drop in some dry red chillies and saute for few seconds.
- Add in cooked arbi, salt, turmeric powder and saute well till the arbi is roasted well.



- Also add the curd, toss around so that the masala is coated well.
- Check for salt, and cook Khatti Arbi Ki Sabzi until the moisture from the curry is evaporated and the dish becomes little dry.

Macronutrients

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

