

Recipe Name: Carrot Peanut Chutney Recipe
Diet Type:
Course: Side Dish
Cuisine: South Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 1 Carrot (Gajjar) - peeled & chopped	5
• 2 tablespoons Roasted Peanuts (Moongphali)	
• 1/4 cup Mint Leaves (Pudina)	
• 1 tablespoon Fresh coconut - grated	
• 1 Onion	
• 1 tablespoon Garlic - chopped	
• 3 Green Chillies	
• Salt - to taste	
• 1 teaspoon Gingelly oil	
• 1 teaspoon Mustard seeds	
• 1 sprig Curry leaves	

Preparation

- To begin making the Carrot Peanut Chutney, first dry roast the peanuts in a pan, on medium heat until the skins turn golden brown.
- Take the pan off the heat and allow it to cool.
- Remove the skin of roasted peanuts.
- Place the pan back on the heat and warm some oil in it.
- Add mustard seeds and curry leaves and allow them to crackle.
- Add chopped onion, green chilies and garlic to it and saute together.
- Next, add coconut and stir, followed by chopped carrot and mint leaves.
- Cook for 5 minutes on low-medium heat.
- Remove from the heat and allow it to cool.
- Put all the ingredients from the pan into the mixer jar and grind together to make a smooth paste, adding little water.
- Add salt to taste and mix well and serve the Carrot Peanut Chutney with Idli or Dosa.



Macronutrients

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