

Recipe Name: Mullangi Mor Pachadi Recipe (Radish in spicy tempered Yogurt Gravy Recipe)

Diet Type:

Course: Lunch

Cuisine: Tamil Nadu

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Mooli/ Mullangi (Radish) - grated	4
• 1 cup Hung Curd (Greek Yogurt)	
• Salt - to taste	
• 1 tablespoon Sunflower Oil	
• 2 Green Chillies - slit	
• 1 teaspoon Mustard seeds	
• 1 teaspoon White Urad Dal (Split)	
• 1 sprig Curry leaves	
• 1 teaspoon Asafoetida (hing)	

Preparation

- We begin making the Mullangi Mor Pachadi Recipe (Radish in spicy tempered Yogurt Curry Recipe) by heating the kadai with oil, splutter mustard seeds and urad dal along with curry leaves and hing.
- Add in the green chillies and grated radish.
- Saute till the radish is cooked and make do not roast them or brown them.
- You can add little water and cover it with a lid and let it cook.
- Once done leave it to cool down.
- In a bowl, whisk in the curd with salt and little water according to your consistency, add in the sauteed radish and mix well and serve.

Macronutrients

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