

Recipe Name: Pineapple Rasam Recipe

Diet Type:

Course: Side Dish

Cuisine: Tamil Nadu

Quantity:



Uma's Kitchen Experiments

Ingredients

Ingredient	Quantity
• 1/4 cup Arhar dal (Split Toor Dal)	4
• 1 teaspoon Turmeric powder (Haldi)	
• 3 Tomatoes - roughly chopped	
• 1 cup Pineapple - chopped	
• 2 Green Chillies - slit	
• 1/2 teaspoon Cumin powder (Jeera) - roasted	
• 1/2 teaspoon Coriander Powder (Dhania) - roasted	
• 1/4 teaspoon Red Chilli powder - (optional)	
• 2 teaspoons Lemon juice	
• Salt - to taste	
• 2 sprig Coriander (Dhania) Leaves - chopped	
• 1 tablespoon Ghee	
• 1/4 teaspoon Mustard seeds	
• 1/4 teaspoon Cumin seeds (Jeera)	
• 3 cloves Garlic - slit	
• 1 pinch Asafoetida (hing)	
• 2 sprig Curry leaves	

Preparation

- Close the pressure cooker, and pressure cook for 3-4 whistles.



- Transfer to a bowl and set aside.

Macronutrients

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

