



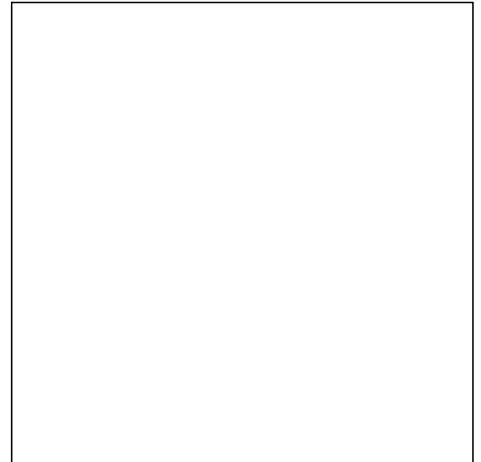
Recipe Name: Andhra Style Alam Pachadi Recipe - Adrak Chutney (Recipe)

Diet Type:

Course: South Indian Breakfast

Cuisine: Andhra

Quantity:



Ingredients

Ingredient	Quantity
• 1 tablespoon chana dal	4
• 1 tablespoon white urad dal	
• 2 red chillies	
• 1 tablespoon coriander seeds	
• 3 inches ginger - chop	
• 1 onion - chop	
• 1 tomato - chop	
• salt - as per taste	
• 1 Teaspoon mustard	
• asafoetida - a pinch	
• oil - as per use	
• 1 sprig curry	

Preparation

- To make Andhra Style Alam Pachadi, first heat oil in a pan.
- Add lentils and cook till it turns brown.
- Now add dry red chillies, coriander seeds, onion, ginger and cook till the onion becomes soft.
- After the onion is cooked, add tomatoes and cook till the.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	7	4	10