

Recipe Name: Sweet & Spicy Ripe Mango Curry Recipe

Diet Type:

Course: Lunch

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 3 Mango (Ripe) - peeled and diced	6
• 1 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon Mustard seeds	
• 1 teaspoon Methi Seeds (Fenugreek Seeds)	
• 1 teaspoon Fennel seeds (Saunf)	
• 1 tablespoon Sunflower Oil	
• 3 Dry Red Chillies	
• 1/4 teaspoon Asafoetida (hing)	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Coriander Powder (Dhania)	
• 1 teaspoon Garam masala powder	
• Salt - to taste	
• 1 tablespoon Tamarind Paste	

Preparation

- To begin with the Sweet & Spicy Ripe Mango Curry Recipe, firstly peel the mangoes.
- Add all the mustard, cumin, methi and fennel seeds and let them crackle.
- Add whole chillies and add rest of the masalas.
- Next, add the peeled Mangoes.
- This way mangoes will absorb the flavours of all the masala.
- Now, add 2 cups of water and the tamarind paste.
- Cover the pan and let the Sweet & Spicy Ripe Mango Curry to cook on low heat for about half an hour.



- The flavors will seep in beautifully.
- Switch off the flame and check the salt and spices and adjust accordingly.

Macronutrients

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