

Recipe Name: Chutney Podi Sadam Recipe - Rice Flavoured With Chutney Podi

Diet Type:

Course: Main Course

Cuisine: Tamil Nadu

Quantity:



Ingredients

Ingredient	Quantity
• 1-1/2 cups Cooked rice	3
• 1 teaspoon Mustard seeds	
• 1 teaspoon White Urad Dal (Split)	
• 1 teaspoon Chana dal (Bengal Gram Dal)	
• 1/4 cup Raw Peanuts (Moongphali)	
• 2 sprig Curry leaves - roughly chopped	
• 2 Green Chillies - slit	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 Onion - finely chopped	
• Salt - to taste	
• 2 tablespoon Ghee	
• 1 tablespoon Lemon juice	
• 5 tablespoons Idli Dosa Podi (Milagai Powder)	
• Coriander (Dhania) Leaves - a small bunch finely chopped	

Preparation

• To begin making the Chutney Podi Rice Pot Recipe, make sure you have cooked rice a few hours earlier or the previous day as the grains will be separated out well.

- Allow the mustard seeds to crackle; the dal and peanuts to get roasted well until it gets a golden brown color.
- Do this on low to medium heat else they will get brown faster than you want them to and the peanuts will remain raw.
- Once the dal is golden brown and roasted, add the curry leaves, slit green chillies, turmeric powder and stir for a few seconds.



- Now add the fine chopped onions.
- Turn the heat to low, sprinkle some water and cover the pan and allow the rice to steam along with the seasoning for a couple of minutes.
- Turn off the heat.
- After a couple of minutes, squeeze the lemon juice and give the rice a good stir.
- Check the salt and spice levels and adjust to suit your taste.
- Garnish with chopped coriander leaves and it is ready to be served.

Macronutrients

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