DietCloud – Recipe

Recipe Name: Spicy Crunchy Masala Idli Recipe
Diet Type: Vegetarian
Course: Snack
Cuisine: South Indian Recipes
Quantity:



Description

Spicy Crunchy Masala Idli is a vibrant and flavorful South Indian dish, transforming leftover idlis into a delightful snack or light meal. It features pan-fried idli pieces, tossed with a medley of sautéed onions, tomatoes, and green bell peppers, enhanced with a spicy blend of green chilies, turmeric, and red chili powder. Finished with a touch of tangy tomato ketchup, fresh coriander, and mint, it offers a satisfying crunch and burst of flavors in every bite.
[PROS]
- Provides a good source of carbohydrates for sustained energy.
- Rich in vitamins and fiber from the variety of vegetables used.
- Turmeric adds anti-inflammatory and antioxidant benefits.
- A quick and creative way to utilize leftover idlis, reducing food waste.
[CONS]
- The spicy nature may not be suitable for those with low spice tolerance.
- Can be high in sodium if salt and ketchup are used excessively.
- Frying or pan-sautéing idli increases the fat and calorie content compared to steamed idli.
[DIETITIAN REVIEW]
This dish is a fantastic way to elevate a simple idli into a nutritionally richer and more exciting meal, packed with fiber and vitamins from the added vegetables. While it offers a balanced macronutrient profile, attention should be paid to the oil content during preparation and judicious use of salt. Overall, it's a wholesome and enjoyable option. Score: 7.8/10

Ingredients

Ingredient	Quantity
• Idli	10 - cut into strips
• Green Bell Pepper (Capsicum)	1 cup - thinly sliced
• Tomato	1 cup - finely chopped
• Onions	1 cup - finely chopped
• Green Chillies	2 - finely chopped
• Red Chilli powder	1/4 teaspoon

• Turmeric powder (Haldi)	1/2 teaspoon

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• Tomato Ketchup	3 tablespoons

• Coriander (Dhania) Leaves	to taste

- Mint Leaves (Pudina) to taste

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• Sunflower Oil	2 teaspoons

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• Salt	to taste

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Preparation

• 1.
• Heat sunflower oil in a large pan or kadai over medium heat.
• 2.
• Add the chopped onions and sauté until they turn translucent, about 3-5 minutes.
• 3.
• Stir in the finely chopped green chillies and thinly sliced green bell pepper.
• Cook for 2-3 minutes until the bell pepper is slightly tender-crisp.
• 4.
• Add the finely chopped tomatoes and cook, stirring occasionally, until they soften and the moisture has mostly evaporated, about 5-7 minutes.
• 5.
• Sprinkle in the red chilli powder and turmeric powder.
• Mix well and cook for another minute, ensuring the spices are fragrant.
• 6.
• Add the cut idli strips to the pan.
• Gently toss to coat the idli pieces evenly with the vegetable and spice mixture.
• 7.
• Stir in the tomato ketchup and salt to taste.
• Continue to sauté for 5-7 minutes, stirring occasionally, until the idli pieces are heated through and acquire a slightly crispy texture.
• 8.
• Finally, garnish with fresh coriander leaves and mint leaves, tossing gently to combine.
• 9.
• Serve the Spicy Crunchy Masala Idli hot as a satisfying snack or a quick light meal.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	10	60	10	4	5