



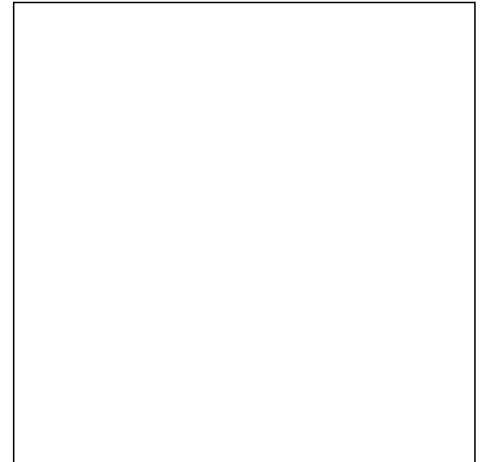
Recipe Name: Cauliflower Leaves Chutney (Recipe in Hindi)

Diet Type:

Course: Side Dish

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup cabbage leaves	3
• 3/4 cup tomatoes	
• 18 grams tamarind	
• 2 tablespoons white urad dal	
• 4 red chillies	
• salt - as per taste	
• asafoetida - a pinch	
• 3 cloves garlic	
• turmeric powder - a pinch	
• 1 big Spoon oil	
• 1 teaspoon Rye	
• 1/2 teaspoon Cumin seeds	
• 1 sprig Curry leaves	

Preparation

- To make cauliflower leaf chutney, first of all take out the leaf inside the cabbage and wash it well.
- Dry and cut it well.
- Heat the oil in a pan.
- Add urad dal, dry red chilli and cook till the dal turns golden.
- Keep it aside.
- Add some more oil to the same.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	7	5	5