DietCloud – Recipe

Recipe Name: Cauliflower Leaves Chutney (Recipe in Hindi)

Diet Type:

Course: Side Dish

Cuisine: South Indian Recipes

Quantity:



Description

This vibrant Cauliflower Leaves Chutney is a delicious and resourceful condiment, transforming often-discarded cauliflower greens into a flavorful Indian relish. Bursting with tangy notes from tamarind and a spicy kick from red chillies, it features a rich blend of roasted urad dal, garlic, and aromatic spices. Typically served with dosa, idli, rice, or roti, it's a wonderfully earthy and piquant addition to any meal, often topped with a tempering of mustard seeds and urad dal for added texture and aroma.
[PROS]
- Excellent source of vitamins and minerals from cauliflower leaves, reducing food waste.
- Rich in fiber, supporting digestive health.
- Contains beneficial spices like turmeric, garlic, and asafoetida with anti-inflammatory and antioxidant properties.
[CONS]
- High spice level might not be suitable for all palates.
- The unique flavor profile of cauliflower leaves and tamarind may not appeal to everyone.
[DIETITIAN REVIEW]
This chutney is a fantastic example of sustainable and nutritious cooking, utilizing parts of vegetables often discarded. It's packed with flavor from natural ingredients and spices, offering a good boost of vitamins, minerals, and fiber. The use of legumes like urad dal adds a touch of protein. Score: 8/10

Ingredients

Ingredient	Quantity
• Cauliflower leaves	1 cup
• Tomatoes	3/4 cup
• Tamarind	18 grams
• White urad dal	2 tablespoons
• Red chillies	4
• Salt	as per taste
• Asafoetida	a pinch

- Garlic cloves 3

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- Turmeric powder — a pinch

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• Oil	1 tablespoon

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• Mustard seeds (Rye)	1 teaspoon

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• Cumin seeds	1/2 teaspoon

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• Curry leaves	3

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Preparation

• 1.
• Heat 1 teaspoon of oil in a pan.
• Add 1.
• 5 tablespoons of white urad dal, 3 red chillies, and 3 cloves of garlic.
• Roast until the dal turns light golden and aromatic.
• Remove and set aside.
• 2.
• In the same pan, add the cauliflower leaves, tomatoes, and a pinch of turmeric powder.
• Sauté for 5-7 minutes until the leaves soften and the tomatoes are pulpy.
• Let the mixture cool completely.
• 3.
• Transfer the cooled sautéed mixture, roasted urad dal, red chillies, garlic, tamarind, and salt to a blender.
• Grind into a coarse or smooth paste, adding a minimal amount of water if necessary to achieve the desired consistency.
• 4.
• For tempering, heat the remaining 2 teaspoons of oil in a small pan.
• Add 1 teaspoon of mustard seeds, 1/2 teaspoon of cumin seeds, 0.
• 5 tablespoon of white urad dal, a pinch of asafoetida, 1 red chilli (broken into pieces if desired for garnish), and 3 curry leaves.
• 5.
• Sauté until the mustard seeds splutter, cumin seeds change color, urad dal turns golden, and curry leaves become crisp.
• 6.
• Pour the hot tempering over the prepared chutney and mix well.
• Serve fresh with your favorite Indian dishes.

Macronutrients

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