DietCloud – Recipe

Recipe Name: Chettinad Beans & Cauliflower Poriyal Recipe (South Indian Stir Fry)

Diet Type:

Course: Lunch

Cuisine: Chettinad

Quantity:



Ingredients

Ingredient	Quantity
• 1 Cauliflower (gobi) - cut into florets • 200 grams Green beans (French Beans) - finely chopped • 1 teaspoon Mustard seeds • 1 teaspoon White Urad Dal (Split) • 1 sprig Curry leaves • 1 teaspoon Red Chilli powder • 1/2 teaspoon Turmeric powder (Haldi) • Salt - to taste • 1 tablespoon Sesame (Gingelly) Oil	4

Preparation

• Steam the cauliflower and beans along with a little salt in a steamer and cook until just about soft.

• Dont over steam and overcook the vegetables.

• Heat a heavy bottomed pan, heat the oil over medium heat; add the mustard seeds, urad dal and allow it to crackle.

• Wait for the dal to brown until golden.

• Stir in the curry leaves, chili powder, turmeric powder, and the steamed cauliflower and beans.

• Toss well until all the ingredients are well combined.

• Once combined, saute for a couple of more minute, check the salt and spices and serve.

Macronutrients

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

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