DietCloud – Recipe

Recipe Name: Zucchini Keerai Thogayal Recipe - South Indian Tangy Spinach and Zucchini Chutney

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 Green zucchini - chopped	4
• 200 grams Spinach Leaves (Palak) - chopped	
• 1 teaspoon Whole Black Peppercorns	
• 10 grams Tamarind	
• 1/4 teaspoon Methi Seeds (Fenugreek Seeds)	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon White Urad Dal (Split)	
• 1/2 teaspoon Sesame (Gingelly) Oil	
• 1/2 teaspoon Mustard seeds	
• 1/2 teaspoon White Urad Dal (Split)	
• 1 sprig Curry leaves	

Preparation

• Heat a skillet over medium heat; add the fenugreek seeds, cumin seeds, urad dal and black pepper corns.
• Roast for about a minute until you get the aromas coming through.
• Place the roasted seeds into the mixer grinder.

• Once the zucchini is softened, add the chopped keerai (spinach) and saute until it gets wilted.
• Turn off the heat and cool for a bit.
• Once cooled, add the zucchini and the tamarind to the roasted seeds in the mixer grinder and blend to make a smooth paste.
• Transfer the Zucchini Thogayal to a bowl.

• Allow the mustard seeds to crackle and the urad dal to turn golden brown.

- Stir in the curry leaves and turn off the heat.
- Pour the seasoning to the Zucchini Keerai Thogayal and check the taste.
- Adjust the salt if required.

Macronutrients

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