DietCloud – Recipe

Recipe Name: Kerala Special Mambazha Puliserry Recipe

Diet Type:

Course: Lunch

Cuisine: Kerala Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 4 Mango (Ripe)	6
• 2 Green Chillies - sliced lengthwise	
• 1 cup Curd (Dahi / Yogurt) - whisked	
• Salt - to taste	
• 1 cup Fresh coconut - grated	
• 1 teaspoon Cumin seeds (Jeera)	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Red Chilli powder	
• 2 teaspoon Coconut Oil	
• 1/2 teaspoon Mustard seeds	
• 1/4 teaspoon Methi Seeds (Fenugreek Seeds)	
• 2 Dry Red Chilli - cut into halves	
• 1 sprig Curry leaves	

Preparation

• To begin making the Kerala Special Mambazha Puliserry recipe, first heat a heavy bottomed pan with 2 cups of water.

• Add the mangoes, green chillies and cook covered for 10 to 15 minutes over low flame.

• You can optionally squeeze out some pulp to make a gravy.

• Check the salt and spices and adjust accordingly.

• Add the dry red chillies and the curry leaves and stir fry for a few seconds.

• Pour the tempering over the Mambazha Puliserry and transfer to a serving bowl and serve hot.

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Macronutrients

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