Beetroot Poriyal Recipe

Ingredients

- Sachet MAGGI Masala-vin-Magic
- gms Beetroot
- Tablespoons Oil
- Teaspoon Mustard Seeds
- Tablespoon Chana Dal
- Tablespoon Sabut Urad Dal
- Dry Red Chillies
- Curry Leaves
- 1/4 1/4 Teaspoon Turmeric Powder
- 1/2 1/2 Cup Fresh Coconut (Grated)
- Pinch Salt (To Taste)

Instruction

1. Prepare ingredients as mentioned in the list.

2. Pressure cook beetroot with ½ cup of water for a minute, after one whistle.

3. Heat oil in a karahi and add the mustard seeds. When they start to splutter, add the chana dal, urad dal, red chillies and curry leaves.

4. When the dal turns golden-brown, add the cooked beetroot and stir fry till all the water evaporates.

5. Add turmeric powder, grated coconut and salt and mix well. Then add the MAGGI Masala-vin-Magic and sauté for two minutes.

6. Serve hot.

Nutrition

Carbohydrates	10.09 g
Energy	232.51 kcal
Fats	12.33 g
Protein	3.26 g

32 Minutes

4 Servings