



Ingredients

- 1 Sachet MAGGI Masala-ae-Magic
- 0.5 kg Avarakkai
- 2 Tablespoons Oil
- 1 Teaspoon Mustard Seeds
- 1 Teaspoon Urad Dal
- 0.25 Teaspoon Asafoetida Powder (Hing)
- 2 Green Chillies (Chopped)
- 1 Onions
- 8 Curry Leaves
- 1 Pinch Salt (To Taste)
- 0.5 Cup Fresh Coconut (Grated)

Zubereitung

1. Prepare ingredients as mentioned in the list. String the avarakkai and wash well, then chop finely.
2. Heat oil in a karahi, add the mustard seeds, when they begin to splutter add the urad dal and fry till the dal turns golden brown. Then add the asafetida, green chillies, onions and curry leaves. Sauté till the onions turn soft and transparent.
3. Now add the chopped avarakkai and salt to taste. Sprinkle 2-3 tbsps of water, cover and cook on a low flame for 8-10 minutes. Once the avarakkai is cooked, stir fry on high flame till all the water dries up.
4. Add the MAGGI Masala-vin-Magic and grated coconut, mix well and sauté for 2-3 minutes on a low flame.
5. Serve hot with steamed rice and Sambhar.

Nährewerte an

Carbohydrates	31.69 g
Energy	664.37 kcal
Fats	48.51 g
Protein	23.95 g

⌚ 42 Minutes

⊕ 1