



Siru Keerai Koottu Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- Cup Moong dal (Dhuli) (150 g)
- 1/2 1/2 Cups Water
- 1/4 1/4 Teaspoon Turmeric Powder
- 1/4 1/4 Teaspoon Asafoetida (1 Pinch)
- Cloves Garlic
- gms Amaranth leaves, Red
- Teaspoon Oil / Butter
- Tablespoons Fresh Coconut (Peeled and diced)
- Teaspoon Urad Dal
- Red Chilli Powder
- 1/2 1/2 Teaspoon Cumin Seeds
- Teaspoon Oil / Butter
- Teaspoon Mustard Seeds
- Teaspoon Urad Dal
- Red Chilli Powder
- Pinch Salt

Instruction

1. In a pressure cooker, take washed moong dal, add water, turmeric powder, asafoetida, garlic, Siru keerai (amaranth) and salt. Cook for 5 min on low flame after the first whistle.
2. Heat oil in a kadai, add coconut, dry red chillies, urad dal and dry roast them on medium flame for 2 mins. Grind the mixture with cumin seeds and ½ cup water to make a smooth paste and keep aside.
3. Open the lid of the pressure cooker, add the coconut paste, MAGGI Masala-ae-Magic, mix well and simmer for one more minute. Adjust salt to taste.
4. In a kadai heat oil, splutter mustard seeds, urad dal, dry red chillies and add the seasoning to the Koottu, mix well.
5. Serve hot with rice and ghee (optional).

Nutrition

Carbohydrates	24.64 g
Energy	181.92 kcal
Fats	4.84 g
Protein	10.91 g

43 Minutes

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