

Kalan Recipe

Ingredients

- gms Maggi Coconut Milk Powder
- gms Nestlé A+ Curd
- gms Plantain (Raw Banana)
- 1/4 1/4 Teaspoon Turmeric Powder
- Teaspoon Black Pepper Powder
- Green Chillies (Chopped)
- 1/2 1/2 Teaspoon Cumin Seeds
- Tablespoon Coconut Oil
- 1/2 1/2 Teaspoon Mustard Seeds
- 1/4 1/4 Teaspoon Fenugreek Seed
- Dry red chillies (cut into 2 parts)
- Curry leaves (chopped)
- 1/2 1/2 Cup Water
- Pinch Salt (To Taste)

Instruction

1. Firstly rinse, peel and chop the plantain into squares.
2. Take the chopped plantain in a pan and add turmeric powder, black pepper and salt. Add 1/2 cup water, cover the pan and cook on medium flame till the plantain becomes tender and cooked
3. In a grinder jar add 50g of MAGGI Coconut Milk Powder, green chillies, cumin seeds and grind into a smooth paste.
4. Beat Nestlé a+ Dahi and keep aside.
5. Once the plantain is cooked add the grounded paste and mix well (keep the flame low while adding the coconut paste)
6. Add the beaten curd and mix again. Bring it into a boil and put off the flame.
7. In a small frying pan, heat 1 tbsp coconut oil and add mustard seeds, red chillies and curry leaves. Pour the mixture in the curry. Cover it with a lid.

Nutrition

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| Carbohydrates | 32.48 g |
| Energy | 299.37 kcal |
| Fats | 17.95 g |
| Protein | 5.73 g |

28 Minutes

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