



BEETROOT CURRY



PREP: 15MINS



20 MINUTES



SERVES 4

INGREDIENTS

- 3 Medium* Cubed beetroot
- 1 tsp* Mustard seeds
- 2 tsp* Black gram dal (Urad)
- ½ tsp* Turmeric powder
- 2 Chopped* Green chillies
- 10* Curry leaf
- 1 Tbsp* Banu's Curry powder
- 2 Tbsp* Desiccated coconut
- 2 Tbsp* Oil
- Salt to taste
- Pinch of asafoetida

PREPARATION

Peel and dice the beetroot

INSTRUCTIONS

Heat pan, add oil when hot add mustard seeds, when it splutters add black gram dal, dried red chillies, curry leaf and asafoetida, fry for few minutes till the dal turns golden then add the beet root and mix well, add salt, cover and cook. Once beetroot is cooked well, add all powders mix well. Finally add the desiccated or fresh coconut. You can also garnish with fresh coriander

TIP

You can cook any vegetable this way for eg., okra, potatoes, cauliflower, cabbage etc.

