

Chow-Chow Kootu

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chow-chow-recipe-south-indian>

Ingredients:

- 4 chow chow
- moong dal or – 3/4 to 1 cup
- toor dal
- 2 tablespoons oil
- turmeric powder
- mustard seeds
- salt per taste
- 2 red pepper
- 2 green pepper
- 2 tablespoons coriander seeds
- 3 tablespoons cumin seeds
- 1/4 cup coconut
- asafoetida Hing – 2-3 pinches