

Kerala Style Sambar

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-curry-eggplant-curry-leaves-recipe>

Ingredients:

- 1/2 cup toor dal
- 100 grams yellow split peas
- 1 pinch salt
- 1/4 teaspoon turmeric or a little more, to taste
- 1/2 onion
- 2 cloves garlic
- 1 tomato
- 3 1/2 ounces eggplant
- 100 grams aubergine
- 3 ounces okra 85g, roughly 6
- 3 ounces carrot 85g, 1 small
- 1 tablespoon vegetable oil
- 1 tablespoon tamarind or similar amount paste/approx 1/2tbsp concentrate
- 1/2 cup water 120ml
- 1 tablespoon vegetable oil or coconut oil
- 1/2 teaspoon black mustard seeds
- 6 curry leaves
- 2 dry red chilis
- 1 tablespoon sambar powder or more, to taste

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 41 grams
3. Fat: 8 grams
4. Fiber: 18 grams
5. Protein: 14 grams
6. Sodium: 100 milligrams
7. Sugar: 8 grams

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