

CHETTINAD RAW BANANA CURRY – CHETTINAD VAZHAKKAI CURRY

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 3 banana
- 2 tablespoons oil
- salt
- 1/2 teaspoon turmeric powder
- 1 teaspoon chilli powder
- 1 teaspoon ginger garlic paste
- 2 tablespoons oil
- 1/4 teaspoon mustard seeds
- fenugreek seeds – a pinch
- 1/2 teaspoon fennel seeds
- 1 onion
- 1 teaspoon ginger garlic paste
- curry leaves – a sprig
- 1 tomato
- salt to taste
- 1/4 teaspoon turmeric powder
- 1 teaspoon chilli powder
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- tamarind extract dilute – 2 tbsp

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 26 grams

3. Fat: 14 grams
4. Fiber: 4 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 400 milligrams
8. Sugar: 13 grams

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