



Beetroot poriyal

Serving: 1

Veg

Ingredients

- 150 g Beetroot (Chopped into small pieces.)
- 1 teaspoon Vegetable oil
- ½ teaspoon Urad Dal
- 1/2 Teaspoon Mustard seeds
- Pinch of Heeng
- 2 Green chilli (Slit into half)
- 1 teaspoon Ginger (Grated)
- 6-8 Curry leaves
- 1 tbsp Fresh grated coconut

Preparation Method

- Add the chopped beetroots in a pressure cooker along with salt and 2 tablespoon of water.
- Pressure cook until beetroots are softened.
- Heat oil in a pan.
- Once the oil is hot, add urad dal, mustard seeds and heeng and let them crackle for a few seconds.
- Add green chilli, ginger and curry leaves and cook for another few seconds.
- Add the steamed beetroots and fry for a minute.
- Adjust the salt.
- Add coconut and mix well. Serve hot