**Coconut Chutney**

Prep time: 10 min Cook time: 5 min

**Ingredients:**

* ½ cup fresh grated or desiccated coconut
* 1 tbsp roasted chana dal
* ¼ inch ginger
* 1 garlic clove
* Low sodium salt to taste
* ½ tsp mustard seeds
* ½ tsp urad dal
* 10 curry leaves
* 1 pinch hing
* 1 dry red chili – broken and seeds removed
* ½ tbsp oil (Sunflower or Rice bran)

**Instructions:**

1. Take the freshly grated/desiccated coconut in a grinder jar, add ginger, roasted chana dal, salt and 4 tbsp water.
2. Grind to a smooth consistency. Transfer to a heat proof bowl
3. Heat oil in a small pan. Add mustard seeds, and let is splutter, then add urad dal. Fry till the urad dal starts to become golden, add curry leaves, red chili and hing.
4. Fry for a couple of seconds till the curry leaves become crisp
5. Switch off the heat and immediately pour the tempering on the chutney in the bowl.
6. Mix the tempering with the chutney
7. Serve at room temperature or cool