**Aviyal**

Prep time: 15 min Cook time: 20 min

**Ingredients:**

* 1 cup mixed vegetables (carrot, beans, drumstick, pumpkin, raw banana, ash gourd, etc.), cut into 2-inch sticks
* ½ teaspoon turmeric powder
* ½ teaspoon low sodium salt (adjust to taste)
* ½ cup water
* ½ cup thick yogurt (curd)
* 1 tablespoon coconut oil
* 8-10 curry leaves
* For the Coconut Paste:
* ½ cup grated coconut
* 2 green chilies
* 1 teaspoon cumin seeds
* 2 tablespoons water (for grinding)

**Instructions:**

**Cook the Vegetables:**

1. In a pan, add the chopped vegetables, turmeric, salt, and water.
2. Cover and cook on medium heat for about 10-12 minutes until the vegetables are tender but not mushy.

**Prepare the Coconut Paste:**

1. Grind grated coconut, green chilies, and cumin seeds into a coarse paste with 2 tablespoons of water.

**Combine Everything:**

1. Add the coconut paste to the cooked vegetables and mix well.
2. Cook for 2-3 minutes on low heat, allowing the flavors to blend.

**Add Yogurt & Finish:**

1. Turn off the heat and mix in the thick yogurt. Stir well to coat the vegetables.
2. Drizzle coconut oil on top and add fresh curry leaves for aroma.

Serve Aviyal warm with steamed rice or as a side dish for dosa.