

Recipe

Aviyal

By

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Ingredients

- Carrot - 1 medium sized
- White pumpkin - 200 gms
- Raw banana - 1 medium sized
- Yam - 100 gms
- French beans - 6-8
- Broad beans - 6-8

- Drumstick - 1
- Green peas (shelled) - ¼ cup
- Curry leaves - 10-12
- Salt - to taste
- Yogurt - 1 ½ cups
- Coconut oil - 2 tbsp

Paste

- Coconut (scraped) - ½ cup
- Green chilies - 4
- Cumin seeds - 1 ½ tsp
- Rice - 1 tbsp

Preparation

1. Peel, wash carrot, white pumpkin, raw banana and yam. String, wash French beans.
2. Cut these vegetables into finger sized measuring not more than two inches in length.
3. Wash and cut drumstick into finger size.
4. Wash and drain green peas.
5. Wash and pat dry curry leaves.
6. Boil yam separately in salted water. Drain and reserve.
7. To make paste, remove stems and wash green chilies.
8. Grind coconut, green chilies, cumin seeds and rice to a fine paste.
9. Whisk in yogurt and keep aside.
10. Boil carrot, white pumpkin, raw banana, French beans, broad beans, drumstick and peas and curry leaves in one and half cups of salted water.
11. When vegetables are almost done, add yogurt mixture and stir thoroughly.
12. Bring to a simmering point and remove from heat. Laze with coconut oil and serve.

Serves

5-6 Persons

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Hare Rama Hare Rama Rama Rama Hare Hare**