

Recipe

South Indian Noodles

By

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Ingredients

- 300g thin rice noodles
- 6 C moderately hot water
- 2 Tbsp oil
- 1 Tsp black mustard seeds
- 1 Tsp cumin seeds
- 1 Tbsp chana dal
- 1 Tsp split urad dal
- 2 Tsp chopped ginger
- 2 dry red chilies

10-12 fresh curry leaves
2 medium sized potatoes, cut into 0.5 cm cubes
1 large bell pepper (capsicum), cut into 0.5 cm squares
1½ salt
¾ Tsp turmeric powder
1½ Tsp rasam powder
2 carrots shredded
1½ C cabbage chopped
½ C shredded coconut

Preparation

1. Soak the noodles in water for 2 minutes. Drain in a colander and keep aside.
2. Heat oil in a pan over moderately high heat. Add the mustard seeds, when they crackle, add cumin, chana dal, urad dal. Stir fry until golden brown.
3. Add the ginger, chilies, curry leaves and sauté for a moment or until fragrant. Add the potatoes, bell pepper and stir fry for 2 minutes. Add the salt, turmeric and rasam powder and cook for another 3-5 minutes. Add the carrots and cabbage and stir fry for 2-3 minutes or until the cabbage is tender-crisp. Add the noodles and coconut. Mix well.

** rice noodles can be found in any Indian grocers.

Serves

4-6

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