

Ingredients

Quantity	Measure	Ingredients	Description
3	Tablespoon	Cooking Oil	
1	Nos	Lime (fresh)	take juice
1	Teaspoon	Mustard Seed	
1	Teaspoon	Dhal, Urid (white)	
1	Teaspoon	Salt	
1	Bunch	Curry Leaves	
1	Pinch	Turmeric Powder	
4	Large	Bananas, Green	
3	Large	Chillies, Green	

Method

Remove the skin from the plantains (unripe) . Cut into large pieces and steam them in a pressure cooker. To 3 tsp of oil, add mustard seeds, when it pops, add 1 tsp urid dhal, 3 small hot green chillies (cut vertically) , 1 bunch curry leaves, a pinch of turmeric powder, 1 tsp salt. Make the boiled plantain into a powdery form by gently mixing and mashing it with hand.. Fry lightly and close the lid and cook for 1 min. Squeeze a lime on it and mix gently.