

Aviyal mixed vegetable Curry

Written by Vah Re Vah

Ingredients:

1/2 cup Grated coconut
5 Green chilies
1/2 tsp Cumin seeds
1cup Yam Thinly sliced into 1 1/2" length pieces
1cup Cucumber Sliced lengthy into 1 1/2" length pieces
1cup Snake gourd Sliced into 1 1/2" length pieces
1/4cup Carrot Sliced into 1 1/2" length pieces
1/2cup Long runner-beans sliced into 1 1/2" length pieces
2 Drumstick cut into 2" length pieces
Curry leaves
3 tblsp Coconut oil
1 Raw bananas sliced into 1 1/2" length pieces
Raw mango pieces
1/2 tsp Turmeric powder
Salt to taste

Method

- * Grind coconut with green chilies and cumin seeds in paste and keep it aside.
- * Heat coconut oil in a thick bottom vessel, add vegetables and cook it on a low flame without adding water.
- * When the vegetables are cooked, add turmeric powder, salt and mix well.
- * Put bananas and mango pieces in cooked vegetables and cover the vessel.
- * When steam comes out, add the coconut paste and stir well.
- * Remove from fire and garnish it with curry leaves