

AMARANTH LEAVES CURRY

Ingredients

- Chopped, Fresh Amaranth leaves –1cup
- Chopped Cabbage-1 cup
- Split green gram/moong dal-1 cup
- Green chillie-2no.s
- Coriander & cumin seed powder/dhania jeera powder-2tsp
- Hing-a pinch
- Salt
- Amchoor powder-1/2tsp

For seasoning

- Cooking oil-1tbsp
- Mustard seeds-1tsp
- Jeera-1tsp
- Red chillie-1
- Curry leaves-few



Method

Soak moong dal for 1hr, wash and transfer it in to the pressure cooker, along with chopped cabbage and Amaranth leaves, split green chillie, dhania-jeera powder, hing, amchoor powder and salt. Add enough water for cooking. Cook it for 3 whistles.



When it fully cooked, take a seasoning pan and season with all the ingredients mentioned above. Once done, pour it over the curry. Vitamin A & C rich, easy to cook, healthy Amaranth leaves curry goes well with rice, chapathi, dosa..... Etc!



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