

TANGY GREEN TOMATO CHUTNEY

Ingredients:

- 3 Green tomatoes
- 2-3 Green chillies
- 1 tsp Sesame seeds
- 1/4tsp roasted fenugreek powder/methi
- 1/2tsp jeera
- 1/4 tsp hing/asafetida
- 1/2 tsp sugar or jaggery
- Salt
- 2tsp oil

For seasoning:

- 2tsp oil
- 1tsp mustard seeds
- 1tsp urad dal
- 1 red chillie
- Curry leaves

Method:

Cut tomatoes and green chillies into small pieces. Take a wok, add 2tsp of oil ,when hot, add sesame seed. When it splutters, add jeera and methi powder. Now add chopped tomato es and chillie pieces .Cover and cook till the Tomato pieces becomes mushy.



Let it to cool down completely. Grind this cooked tomato mixture, along with salt and sugar to a coarse paste.



Take a seasoning pan and add oil, when it becomes hot add mustard seeds, urad dal and red chillie. When mustard seeds splutters, add curry leaves and switch off the flame. Now add hing and pour this tadka over the tomato chutney.



Mouth watering, blended with sweet, sour and spicy chutney goes well along with dosa, chapatti, rice, curd rice.....!

OM SHANTI

