

Coriander and Mint Chutney

Servings: 10 (1 tbsp. per serving)



Ingredients

1 cup chopped coriander leaves
8-10 mint leaves
1 tbsp lime juice
1 green chillies
2-3 cloves garlic
1/4 cup curd
1 inch piece ginger
1/2 tsp chilli powder (optional)
Salt to taste
2 tsp sugar

Nutrients

Approx. calories per serving: 4 kcal

Procedure

Mix all the ingredients together. Grind into a smooth paste adding 1-2 tablespoons of water. Pour into a serving bowl. Serve as a dip for short eats or with kebabs.