



Ingredients

1 cup peeled shallots (small onions)
4 red chillies
1/4 tsp tamarind paste
1 tsp oil
Salt as required

For the seasoning

1 tsp mustard seeds
2 tsp Urad dal

Top-up seasoning

1/2 tsp oil
1/2 tsp mustard seeds
A few curry leaves

Nutrients

Approx. calories per serving: 40 kcal

Procedure

Preheat a 16 cm Regular unit on medium heat until the Thermo Indicator reaches the 20 degree mark. Add a teaspoon of oil followed by mustard seeds. When it splutters, add the urad dal and red chillies. Fry until the dal turns light brown. Remove from oil. If the red chillies turn dark sooner, remove the chillies from the oil first.

In the same oil, add the small onions and saute until it turns pink. Switch off the heat, add the tamarind piece and sauté in the heat of the unit itself for 2-3 seconds. Leave it to cool. Then grind everything together to a smooth paste adding salt and a tablespoon of water. Remove from the blender, heat half a teaspoon of oil, add mustard seeds and curry leaves. When the mustard splutters, pour the seasoning over the chutney. This chutney is a great accompaniment to idli, dosa and even appams.

Tip: You can use big onions, but this chutney tastes great with small onions (shallots). This chutney is also a healthy option in place of the traditional coconut chutney. traditional coconut chutney.