



Coconut Kadhi

2

10 Min

Description

Kadhi made with coconut Nestlé A+ Milk has a distinct flavour and aroma that will leave you wanting more. Coconut Kadhi is also high in healthy fats and other important micronutrients. Add a teaspoon of black sesame seeds to boost the flavour and nutritional value.

Ingredients

- 1/2 Cup(71.0 gm) Coconut Milk
- 1.0 Chopped Tsp(2.0 gm) Green Chilli
- 1/2 Chopped Tsp(1.0 gm) Garlic
- 2.0 Number(0.22 gm) Cloves
- 1/4 Tsp(1.0 gm) Salt
- 1/2 Cup(125.0 ml) Water
- 1.0 Tbsp(10.0 gm) Besan
- 1.0 Chopped Tsp(0.92 gm) Coriander Leaves
- 1/2 Grated Tsp(0.94 gm) Ginger
- 1.0 Number(0.3 gm) Bay Leaf
- 2.0 Tsp(7.0 ml) Oil

Method of Preparation (Step by Step)

- In a mixing bowl, add 1 cup coconut milk, 1 tbsp besan, mix well and keep it aside.
- Heat kadhai on low flame, add 2 tsp oil, 1 tsp chopped green chilli, 1/2 tsp chopped garlic, 1/2 tsp grated ginger, 2 no. cloves, 1 no. bay leaf and
- saute.
- Add the coconut milk mix, 1/4th tsp salt,.
- Sprinkle black sesame seeds and 1 tsp chopped coriander leaves.
- Simmer for a minute.
- Serve hot with steamed rice.

Nutrition Information

Per Serving: 1 Medium Bowl - 134.0 gm

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| Energy | 97.44 kcal |
| Carbohydrate | 3.47 gm |
| Protein | 0.91 gm |
| Total Fat | 8.72 gm |
| Total Fiber | 0.62 gm |