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Child Nutrition Simplified

Broad Beans Dry Vegetable With Coconut

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Details

A simple South Indian delicacy made with seasonal veggie, coconut and minimal spices. A side dish that pairs best with steamed rice or dosa. Including greens is very vital in a child's meal, broad beans are rich in both folate and B vitamins, which is essential for nerve and blood cell development, cognitive function and energy.

Ingredients



1/2 Chopped Cup(48.0 gm) Broad Beans



1.0 Grated Tbsp(6.0 gm) Fresh Coconut



1/4 Tsp(0.95 gm) Urad Dal



4.0 Number(0.44 gm) Kadi Patta



1/4 Tsp(0.93 gm) Rai



1/4 Tsp(1.0 gm) Salt



1.0 Tsp(3.0 ml) Oil



30.0 Ml(30.0 ml) Water

Method (Step-By-Step)

- For making broad besan thoran
- Take a kadhai and heat add 1/2 tsp oil in it.
- Add 1/4 tsp rai, 1/4 tsp urad dal, 4 kadi pattas, 1/2 cup chopped broad beans, 1/4 tsp salt and stir.
- Add a little water, cover and allow to cook well.
- Once cooked, add 1 tbsp grated fresh coconut and mix well.

- Serve hot with rice.