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Child Nutrition Simplified

Peanut Amla Chutney

12 Feb 2020 15 Min

Details

Tangy and mildly spicy, Peanut Amla Chutney is a perfect accompaniment when Amla is in season. High on nutrition, this side dish is rich in Vitamin C, high in antioxidants and fiber too. Spread it on your bread or enjoy with your paratha.

Ingredients



3.0 Grated Tbsp(24.0 gm) Amla



2.0 Tbsp(21.0 gm) Peanuts



0.75 Chopped Tbsp(14.0 gm) Palak



1/4 Chopped Tsp(0.53 gm) Green Chilli



1/4 Grated Tsp(0.47 gm) Ginger



0.13 Chopped Tsp(0.31 gm) Garlic



0.13 Tsp(0.56 gm) Salt



30.0 MI(30.0 ml) Water

Method (Step-By-Step)

- Roast 2tbsp peanuts and keep aside.
- In a grinding jar take 2 tbsp of roasted peanuts, 3/4th tbsp chopped palak, 3 tbsp chopped amla, 1/8th tsp chopped garlic, 1/4th tsp chopped ginger, 1/8th tsp salt, 1/4th tsp chopped green chilli and a little water.
- Blend till a smooth consistency is obtained. Transfer to a bowl.
- Serve cold or at room temperature.