



Low FODMAP South Indian Avial Curry

Serves: 2

Prep: 10 minutes

Cook: 20 minutes



Ingredients	Metric	Imperial
Bean, cluster/guar (3/4th serve)	50 g	1.8 oz
Bean, Indian valor (3/4th serve)	50 g	1.7 oz
Drumstick, moringa (1 serve)	75 g	2.6 oz
Gourd, Ivy/Tindora (1 serve)	50 g	1.7 oz
Yam	50 g	1.7 oz
Potato, 1 medium	50 g	1.7 oz
Green chillies (2-3 as per taste)		
Fresh coconut	110 g	3.9 oz
Curry leaves (3-4 leaves)		
Red chilli (whole, 1-2)		
Cumin seeds (1/2 tsp)	1.3 g	0.04 oz
Mustard seeds (1/4 tsp)	0.7 g	0.02 oz
Turmeric powder (1/4 tsp)	0.7 g	0.02 oz
Salt (1 tsp or as per taste)	6.0 g	0.2 oz
Plain natural yoghurt/curd (2 tbs)	40 g	1.4 oz
Coconut oil (2 tbs)	37 g	0.3 oz

Method

1. Grind coconut, green chillies and cumin seeds to a fine paste. Add little water, if needed to make a smooth paste
2. Boil all the vegetables in salt water. Drain and keep aside, when semi soft.
3. Heat oil in a pan, add the boiled vegetables, coconut-chilli paste, turmeric powder, 1/4th cup of water and cook for 5 minutes
4. Add yoghurt, salt (if needed), 1/2 cup of water and cook covered for another minute or so. Turn the flame off and keep covered till we prepare the tempering for avial.
5. For tempering, heat coconut oil (if available, using coconut oil gives an authentic coconut flavor to the dish) or any other cooking oil (if you don't have coconut oil). Add mustard seeds, curry leaves and a green chilli. Turn the flame off as the seeds start to splutter.
6. Pour this tempering over the avial, stir gently and serve.

Hints

Add these optional low FODMAP foods to your curry:

- Carrots - 30g
- Raw plantain/banana - 1/2 medium or 50g

Nutrition Information (per serve)	
Energy	2076 Kj / 496 cal
Protein	7.70g
Carbohydrates	26.40g
Sugar	8.90g
Total Fat	37.50g
Saturated Fat	33.00g
Fibre	4.00g