

Coconut Chutney A.K.A. Nariyal Ki Chutney

Serves 8

Preparation Time: 10 mins

Cooking Time: 5 mins

Fresh coconut is the secret to a perfect chutney.

Ingredients

- ❖ 200g (7 oz) fresh coconut, chopped
- ❖ 4 whole chilis
- ❖ 5cm (2 inches) ginger, peeled and chopped
- ❖ 180ml (6 fl oz) yogurt
- ❖ 60ml (¼ cup) oil
- ❖ 20ml (4 tsp) mustard seeds
- ❖ 20 whole curry leaves
- ❖ salt, to taste

Directions

1. Place the coconut, chilis and ginger in a blender and blitz to a paste.
2. Stir in the yogurt with the paste.
3. Heat the oil in a pan and add the mustard seeds and curry leaves.
4. Add the yogurt mixture and cook for about 3-4 minutes.
5. Season to taste.

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