INDIAN · SAUCE

Coriander and Mint Chutney with Yoghurt

10 min · Makes 11 × 1 tbsp · 7 kcal a portion · Video 14:46 · Food with Chetna

Vegetarian · Gluten-free ingredients · No nuts listed

Almost all fresh coriander, mint, chilli and lime: 1 tbsp has about 6 kcal and 1 g of carbs, with a spoonful of yoghurt for creaminess. It is salty (about 215 mg sodium a tablespoon), so a little goes a long way.

Diet notes: Low carb (1 g net carbs) but not keto: 19% of the energy is from fat, and keto meals get about 60% or more; DASH-friendly (220 mg sodium a serve).

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Ingredients 8 · MAKES 11 × 1 TBSP

- [ ] 1¾ oz **fresh coriander**, leaves and stems
- [ ] ¾ oz **mint leaves** (stalks removed)
- [ ] 4 **green chillies**, tops cut off
- [ ] 1 tsp **salt**
- [ ] 1 tsp **sugar** (Chetna uses golden caster)
- [ ] a piece of **ginger**, peeled and roughly chopped
- [ ] **Lime juice**: juice of 1 lime or lemon
- [ ] 2 tbsp **natural yoghurt**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Roughly chop the coriander, stems and all, and wash it well; pick the mint leaves off their stalks (the stalks are tough and bitter) and rinse them. 2:21
2. Put the herbs in a blender with the green chillies, salt, sugar, ginger and lime or lemon juice. 2:41
3. Blend to a smooth, thick chutney. Add 1 tbsp water only if the blender needs it. 4:18
4. Add the yoghurt and blitz once more. Keep in the fridge for 3–4 days; to freeze, leave out the yoghurt and stir it in when serving. 4:52

> **Tip** The green chillies make it hot; use fewer for a milder chutney. Serve with pakoras, chaat, kebabs or grilled fish. The video makes a double batch; quantities here are the single batch from Chetna's book.

The method is a summary in our words — the video shows every step.

One portion (1 tbsp) gives you 1 OF 11 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
7 kcal	0.3 g	1.3 g	0.3 g	0.1 g	220 mg
30 kJ	1% of a day	1 g net · 0.6 g sugars	1% of a day	0.1 g saturated	9% of a day
		0% of a day		0% of a day	

Energy from net carbs 65% · protein 20% · fat 15%

Source of (10–19%) Vitamin K 12%

Recipe and video: Food with Chetna (@FoodwithChetna) on YouTube — youtube.com/watch?v=u8RRnXRRbgU, published 11 October 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.