INDIAN · SAUCE

South Indian Coconut Chutney with Curry Leaf Tempering

17 min · Makes 16 × 2 tbsp · 60 kcal a portion · Video 3:00 · Kunal Kapur

Vegan · Gluten-free ingredients · No nuts listed

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Fresh coconut with a spiced tempering and no dairy or sugar: 2 tbsp give about 60 kcal and under 2 g of net carbs, so it is vegan, gluten-free and keto-friendly. Most of the fat is coconut's saturated fat (3 g), so keep to a spoonful or two.

Diet notes: Keto (1.7 g net carbs a serve).

Ingredients

12 · MAKES 16 × 2 TBSP

- [ ] 160 g **freshly grated coconut**
- [ ] 2 tbsp **roasted chana dal** (roasted split chickpeas)
- [ ] a small piece of **ginger**
- [ ] 1 small **green chilli**
- [ ] a small piece of **tamarind**
- [ ] **salt** to taste (about ¾ tsp)
- [ ] about 180 ml **water**, just enough to blend
- [ ] 2 tbsp **oil**, for tempering
- [ ] 2 **dry red chillies**
- [ ] 2 tsp **urad dal** (split black gram)
- [ ] 2 tsp **mustard seeds**
- [ ] a handful of **curry leaves**

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

Allergens found in the listed ingredients: Mustard. 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. Put the grated coconut, roasted chana dal, ginger, green chilli, tamarind and salt in a blender. Add just enough water for it to blend and grind to a thick, slightly coarse chutney (thin it with a little more water if you like). 0:17
2. Heat the oil in a small pan. Add the dry red chillies, urad dal and mustard seeds; when the mustard seeds pop, add the curry leaves. 1:39
3. Pour the hot tempering straight over the chutney and mix it in. 2:06
4. Serve fresh with idli, dosa or vada, or spread on toast or paratha. Keep any leftover in the fridge and use within 2 days. 2:36

> **Tip** Fresh coconut gives the best flavour; frozen grated coconut (thawed) works too. A clove of garlic or some fresh herbs can go in the blender. Makes about 470 ml.

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

One portion (2 tbsp) gives you

1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
60 kcal 250 kJ	0.8 g 2% of a day	2.9 g 1.7 g net · 1 g sugars 1% of a day

FIBRE	FAT	SODIUM
1.2 g 4% of a day	5.3 g 3.1 g saturated 7% of a day	110 mg 5% of a day

Energy from net carbs 12% · protein 6% · fat 82% — fits keto: 1.7 g net carbs, 82% of the energy from fat

Source of (10–19%) Omega-3 10%

Recipe and video: Kunal Kapur (@KunalKapur) on YouTube — youtube.com/watch?v=MnlYBbQp5lI, published 4 January 2020. 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.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/south-indian-coconut-chutney-tempered