Dinner, Indian

Smooth Gujarati Kadhi with Curds and Besan

This Gujarati-style kadhi whisks low fat curds with besan and simmers the mixture gently with a fragrant tempering of cumin, mustard seeds and curry leaves. Finished with fresh dhaniya, it makes a comforting partner for brown rice.



Nut free

18 min	77	10.8 g	6.6 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 2 cups low fat curds (dahi)
- [ ] 5 tbsp besan (gram flour)
- [ ] 1 tsp ghee
- [ ] 1/2 tsp cumin seeds (jeera)
- [ ] 1/2 tsp mustard seeds (rai / sarson)
- [ ] 2 pinches of asafoetida (hing)
- [ ] 5 curry leaves (kadi patta)
- [ ] salt (namak) to taste, restricted salt for health
- [ ] 1 tsp ginger-green chilli paste
- [ ] 2 tbsp finely chopped dhaniya (coriander)
- [ ] brown rice to serve

Nutrition Facts

Per serving

Calories	77
Total fat	1.6 g
Saturated fat	Not listed
Sodium	42 mg
Total carbs	10.8 g
Fiber	1.9 g
Total sugars	6.6 g
Protein	4.9 g

Method

- [ ] **1** Put the low fat curds and besan into a deep bowl and whisk the two together until the mixture turns smooth with no lumps left.
- [ ] **2** Pour 3 cups of water into the bowl, give it a good stir, and leave it to one side.
- [ ] **3** Warm the ghee in a kadhai and drop in the cumin seeds together with the mustard seeds.
- [ ] **4** As soon as the seeds start to crackle, stir in the asafoetida and the curry leaves and cook them for a few seconds.
- [ ] **5** Tip the curds and besan mixture from the bowl into the kadhai, season it with the salt, add the ginger-green chilli paste, stir everything well, and let the kadhi boil for 2 minutes while you keep stirring without stopping.
- [ ] **6** Turn the flame down and let it simmer gently for 8 to 10 minutes, giving it an occasional stir.
- [ ] **7** Finish by sprinkling the finely chopped dhaniya (coriander) over the kadhi and serve it hot alongside brown rice.

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