AVARAKKAI MA AVARAI PORIYAL / DRY BROAD & LIMA BEANS CURRY-SIDE DISH RECIPES



This recipe is the combination of broad and lima beans. Both are rich in cholesterol lowering fibers, nutrients like potassium, vitamins and rich in protein. On the whole, this curry is very good for health. This dish is very easy to make with simple ingredients which gives a awesome taste. This can be served with sambhar rice or rasam rice or chapathi.

Ingredients

Steam Cook

2/3 Cup of Broad Beans / Avarakkai, Chopped
1/2 Cup of Frozen Lima Beans / Ma Avarai
1/2 Tsp of Turmeric Powder
1 Tsp of Sambhar Powder
Salt to taste
Water as needed (~1/2 Cup)

To Temper

2 Tsp of Oil
1 Tsp of Mustard
1 Tsp of Urad Dal
1/4 Cup of Chopped Onion
Few Curry Leaves
2 Tsp of Coconut Flakes

Method

- Wash, trim the ends and remove the veins on either side of the broad beans. Chop them into pieces.

Steam Cook

- In a pan, add water, broad beans, lima beans, sambhar powder, turmeric powder and salt. Cover pan with a lid and cook it in medium- high flame for 5 – 7 mins until the veggie’s turn soft. Check regularly make sure you should not overcook the veggies. Once it done, switch off the stove.

Tempering

- Heat oil in a pan, add mustard seeds, urad dal and curry leaves, after they splutter, add chopped onion, saute

for 1-2 mins until they turn golden brown.

- Add cooked broad & lima beans, saute for a min.
- Finally add coconut, mix well. Adjust the salt to taste and switch off the stove.
- Broad & lima beans curry is ready to serve.
- Serve this dish with chapathi or sambhar rice or rasam rice.



Tips

- You can add ginger- garlic paste and tomato to this curry, if you prefer.
- You can also add roasted peanut powder, for nice flavor to this curry.
- Don’t overcook the veggie’s and don’t add too much of

water, while you steam cook.

Health Benefits Broad Beans

- Broad beans are rich in L-dopa, an amino acid that is instrumental in the creation of dopamine, a substance that is critical for the pituitary gland’s production of human growth hormone.
- They are rich in fiber, iron, folate and potassium.

Lima Beans

- Rich in protein and fiber.
- Rich in anti-oxidants, iron, molybdenum and magnesium.
- Good for cardio, digestive tract and bone strength.



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