

# Vazhakkai Podimas / Grated Raw Banana Fry



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*Vazhakkai podimas is a south Indian dish, made with vazhakkai or raw banana. This dish is very easy to make with less ingredients, flavorful and healthy. This is my mom's recipe. I love to eat this for [rasam rice](#) or [puli kulambu](#). You can cook the raw banana either in pressure cooker or in stove top. I prefer stove top method. Raw banana we use in this recipe should be soft but not mushy. It tastes yummy as a side dish for [sambar rice](#) or [rasam rice](#). Sorry my photograph was not good, because its been raining for the past 3 days. So it was not clear.*

**Ingredients**

**1 Medium Size Raw Plantain, Grated**  
**2 Tsp of Oil**  
**1 Tsp of Mustard Seeds**  
**1 Tsp of Urad Dal**  
**2 Red Chillies**  
**Pinch of Asafoetida / Hing**  
**Few Curry Leaves**  
**3 Tbsp of Chopped Onion**  
**1/4 Tsp of Turmeric Powder**  
**1 Tbsp of Grated Coconut**  
**Salt to Taste**

### **Method**

- **Wash and cut both the ends of raw plantain.**
- **Heat a pan with enough water, add raw banana to it, cook till it changes skin color and turns soft but not mushy. It takes about 10 mins in high flame.**



- **After it cool down, peel off the skin and grate it.**
- **Heat a pan with oil, add red chillies (Break it), mustard seeds and urad dal, after it splutters, add asafoetida, curry leaves, chopped onion, turmeric powder and salt, fry for 2 mins.**
- **Keep the flame in low, add grated vazhakkai (raw banana), cook for 2 mins.**

- Add the grated coconut, mix well and turn off the flame.
- Serve hot with [sambar rice](#) or [rasam rice](#) or [pulikulambu](#).

### Tips

- You can cook vazhakkai in pressure cooker for 1 whistle instead of cooking it in the pan.
- Add chopped green chillies for more spicy taste in addition to red chillies.
- You can also add 1 tsp of lemon juice at the end for a slight tangy taste.

### Health Benefits of Vazhakkai / Raw Banana

- Good source of resistant starch, a type of starch that cannot be broken down by enzymes in our digestive system, acts like fiber than starch, good for diabetes.
- High in potassium and vitamin B6.
- High in fiber content.



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