

Capsicum Chutney Recipe / Green Bell Pepper Chutney – Side Dish For Idly



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Capsicum are known by different names and available in different bright colors. I like the green capsicum. I often use green capsicum to make sambar, for topping the pizza and for subzis. I found this capsicum chutney recipe in a Tv show so I thought of making this as a side dish for idly. Green bell pepper chutney is very simple and easy to make chutney and great in taste and flavor. Capsicum, onion, tomato, red chillies and dals are roasted in oil, ground to a fine paste and finally tempering added to it. Try this kudai milagai chutney for idly or dosa.

Ingredients

- 2 Green Medium Size Capsicum (Bell Pepper)
- 1 Large Red onion
- 1 Large Tomato
- 2 Garlic Cloves
- 2-3 Red Chillies
- 2 Tsp of Urad dal
- 1 Tsp of Chenna dal
- Blueberry or Small Gooseberry Size of Tamarind
- 1 -2 Tbsp of Coriander Leaves, chopped
- 2 Tsp of Oil
- Salt and Water as Needed

To Temper

- 2 Tsp of Gingelly Oil (Indian Sesame Oil)
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Few Curry Leaves

Method

- Heat oil in a pan, add urad dal and channa dal, roast this for few mins until it turns golden brown. Transfer the contents to a plate and keep this aside.
- In the same pan, add oil, red chillies, garlic cloves, onion fry this for 2 mins until onion turns golden brown.
- Add tomato, fry this until it turns mushy.
- Add capsicum, fry this for a min, add tamarind and coriander leaves, fry this for another min and turn off the flame. Let this mixture cool down for 5 mins.
- In a blender(mixie), add urad dal, chenna dal and capsicum-tomato mixture, add 1/4 cup of water and grind it to a smooth paste.
- Heat oil in a pan, when it is hot, add mustard seeds, urad dal and curry leaves, after it splutters, pour this

over the chutney.

- Capsicum chutney is ready to be served with idly or dosa.

Tips

- You can do the same recipe with red capsicum.
- If you don't want tamarind in your chutney, instead you can add 2 tomatoes, for tangy taste.
- Adjust the amount of red chillies according to your taste.
- You can use green chillies instead of red chillies.

Health Benefits of Capsicum/Bell Pepper

- Low in calories and fat.
- Reduces triglycerides levels, thereby enhancing the metabolism.
- Rich source of vitamin A, C, betacarotene and antioxidants.
- Good for digestion.
- Treat arthritis and shingles.
- Blood clotting properties & prevents cancer.



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