

# PEANUT SUNDAL | VERKADALAI SUNDAL | NAVARATHRI RECIPE



 Pinit

Sundal is a simple south indian snack often made with Lentils like chick peas, peanuts, kidney beans and even sweet peas ..peanut sundal / verkadalai sundal strength lies in its simplicity and is very subtly spiced and in being ordinary it becomes extraordinary....peanut sundal also is made during festival occasions and also is made for “prasad” in temples ..

## **Ingredients**

- 1 Cup of Boiled Peanuts
- 2 Tbsp of Grated Coconut / Dry desiccated Coconut

Salt to taste

### **To Temper**

2 Tsp of Oil

1 Tsp of Mustard Seeds

1 Tsp of Urad dal

2 Red Chillies

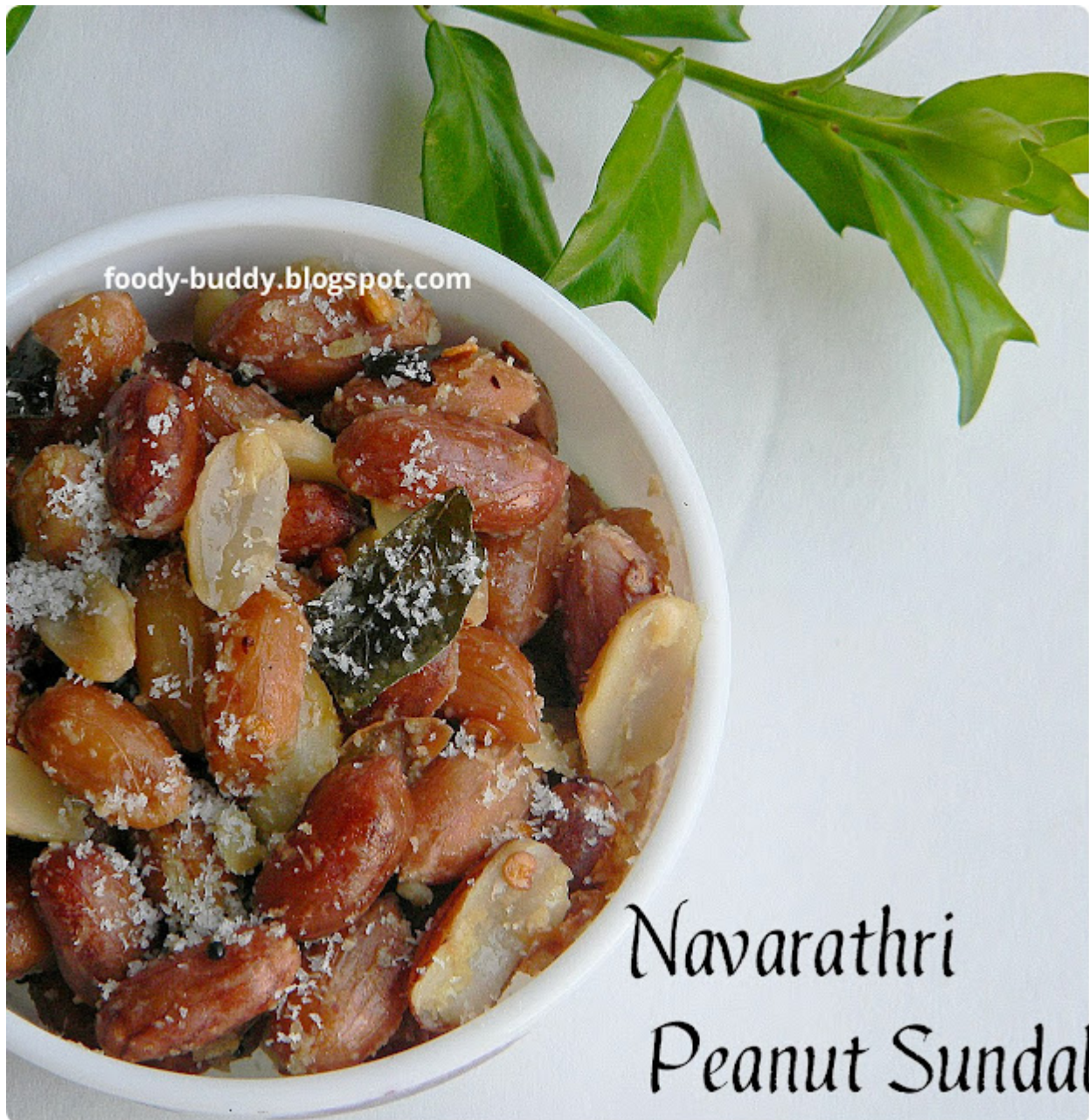
Pinch of Hing (Asafoetida)

6 Curry Leaves

### **Method**

- Soak and pressure cook the peanuts. For more details click on the link [How to boil peanuts in pressure cooker](#).
- Heat oil in a pan, when it is hot, add mustard seeds, urad dal, red chillies(Break it), asafoetida and curry leaves, after mustard seeds splutters, add the boiled peanuts and salt, give a quick stir, about a min.
- Add grated coconut, mix well with peanuts. Check the salt and turn off the stove.
- Hot, flavorful peanut sundal is ready..





## Navarathri Peanut Sundal

### Tips

- You can add chopped onion after you do the tempering with mustard seeds.
- Be careful in adding salt, because we already added salt while boiling peanuts in cooker.
- You can also add chopped green chilies in addition to red chilies for more spicy taste.

### Health Benefits of Peanuts

- Rich in energy.
- Good source of monounsaturated fat, niacin, folate, vitamin E and anti-oxidants.



- Prevent gall stones and good for heart.
- Good source of resveratrol which reduces the risk of stroke.

