

Mint Coconut Chutney | Pudhina Thengai Chutney – Side Dish for Idly and Dosa



□□□□□□ □□□□□□□□ □□□□□

I really love the fresh aroma of mint. Research study has said that the aroma itself stimulates the salivary glands, there by increasing digestive enzymes and facilitates the digestion.

I bought 2 large bunches of mint leaves from

near by Indian grocery store. Two days back I made [mint pulao](#) for lunch, I already posted that recipe in my blog. For today breakfast, I made this pudhina coconut chutney for [idly](#). It just tastes yummy with [dosa](#) and [paniyaram](#) too. Do try this mint chutney with coconut and let me know how it turned out.

Ingredients

1 Cup of Mint Leaves(loosely Packed)
1/2 Cup of Grated Coconut, I used Dry dessicated Coconut
2 Tbsp of Roasted Bengal Gram (Pottukadalai)
3 Green Chillies
1/2 Inch Ginger
1 Big Garlic Clove or 2 Small Garlic Cloves
Pinch of Tamarind
3/4 Tsp of Salt or to taste
1/4 cup of Water
1/2 Tsp of Oil to saute Mint leaves

To Temper

1 Tsp of Oil
3/4 Tsp of Mustard
1/2 Tsp of Urad Dal
1 Sprig of Curry Leaves
Pinch of Asafoetida (Hing)

Method

- Wash the mint leaves and drain the water.
- Heat a pan with oil, add mint leaves, saute this for a 1-2 mins in a medium flame until it shrinks in volume.
- In a blender(mixie), add coconut, roasted bengal gram, green chillies, ginger, garlic, tamarind, salt, water and finally add mint leaves. Grind it to a smooth paste. Transfer this to a bowl.

- Heat a same pan with little oil, add mustard, urad dal, curry leaves and asafoetida, after it splutters, transfer this tempering to ground chutney. Mix well with spoon.
- Yummy mint coconut chutney is ready to serve with [idly](#) or [dosa](#) or [paniyaram](#).



Tips

- You can also add 1/2 cup of mint leaves and 1/2 cup of coriander leaves to make this chutney.

- Addition of ginger and garlic gives a nice flavor to this chutney.
- Addition of tamarind gives a nice tangy taste.
- You can also add curry leaves while grinding instead of adding them to tempering.
- Adjust the no of green chilies according to your taste. Here I used thai green chilli, it was spicy so I added 3.

Health Benefits of Mint Leaves

- Aroma of mint, activates the salivary glands, there by increasing digestive enzymes and facilitates the digestion.
- Soothing the digestive tract, if you are having any stomach ache.
- Cooling sensation to skin.
- Eliminates the toxins from the body.
- Helps in whitening teeth and combats bad breath.
- Good cleanser for the body.

Coconut Mint Chutney



foody-buddy.blogspot.com