

Beans Mushroom Stir Fry With Coconut Milk / Beans Mushroom Poriyal



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Beans mushroom poriyal / stir fry is very easy to make side dish with very simple ingredients. This dish is a combination of green beans and mushroom. Both are rich in protein and other vital nutrients which are very good for our health. Here I added coconut milk to the veggies which adds a nice taste to the dish. This can be served with [sambar rice](#), [rasam rice](#), [curd rice](#) or [chapathi](#).

Ingredients

1 Cup of Chopped Green Beans
1/2 Cup of Sliced & Chopped Mushroom, I used Baby Bella Mushroom
2 Tbsp of Chopped Red Onion
1 Finely Chopped Big Garlic Clove / 1/2 Tsp of Garlic Powder
1 Heaping Tsp of [Sambhar Powder](#)
1 Tbsp of Thick Coconut Milk
1/4 Tsp of Garam Masala
Salt as needed

To Temper

2 Tsp of Oil / Butter
1 Tsp of Mustard
1/2 Tsp of Urad Dal
5 Curry Leaves

Method

- Wash and chop the beans and mushroom.
- Heat a pan with oil / butter, add mustard seeds, urad dal and curry leaves, after mustard seeds splutters, add chopped red onion and garlic / garlic powder, saute this for 2 mins until onion turns golden brown.
- Add chopped beans, mushroom and salt , fry this for a min. Add sambhar powder and garam masala, fry this for a min, sprinkle some water, cover and cook it for 5 mins in a medium-high flame or until the vegetables turns soft. Open the pan, add coconut milk, mix well with vegetables, cook for another 2 mins and turn off the flame.
- Serve hot with [sambar rice](#), [rasam rice](#), [curd rice](#) or [chapathi](#).

Beans Mushroom Poriyal



Tips

- If you don't have coconut milk, instead you can use cow's milk.
- If you don't have sambhar powder, use 2 tsp of coriander powder, 1 tsp of red chilly powder and 1/2 tsp of turmeric powder.
- If you don't have any masala, just use salt, pepper and garlic powder.

Health Benefits of Green Beans and Mushroom

Green Beans

- Rich source of dietary fiber, folates, vitamin B6 and vitamin A.
- Rich in anti-oxidant, protein and good for

cardiovascular system.

- They are good immune booster.

Mushroom

- Good for weight loss.
- Antioxidant and anti-inflammatory properties.
- Good for immune function and cardiovascular benefits.
- Mushroom are low in calories, cholesterol free and rich in vitamin D and selenium



Tags : [Stirfry](#), [stirfryrecipe](#), [poriyal](#), [poriyalrecipe](#), [beansporiyal](#), [beansmushroomporiyal](#), [beansmushroomstirfry](#), [beansfry](#), [vegetablefry](#), [mushroomfry](#), [beansstirfry](#), [mushroomstirfry](#), [sidedishforrice](#), [Indiansidedish](#), [beanssubji](#), [mushroomsbjisidedishforchapathi](#), [Beanswithcoconutmilk](#)

WHEAT FLOUR IDIYAPPAM | GODHUMAI IDIYAPPAM | HEALTHY BREAKFAST DISH



[Pinit](#)

Idiyappam is also called Sevai in tamil and string hoppers in English. It is a popular food in Kerala and Tamilnadu, India. Usually everyone makes idiyappam with rice flour, but this idiyappam is made with wheat flour. I have already posted the recipe for Plain / [rice idiyappam](#).. This wheat flour idiyappam is a healthy, delicious and a steamed food, which is very good for our health. My amma makes it often for weekend breakfast. It is favorite food for all ages and even it can be eaten by sick people. This wheat idiyappam must be good and

healthy food for diabetic people. You can eat this idiyappam in sweet version or savory version for breakfast or dinner. I already posted the savory version, [lemon idiyappam](#). If you want sweeter version, try it with sweetened coconut milk... Try this wheat(godhumai)sevai / Wheat String hoppers for breakfast and stay healthy..

Ingredients

- 1 Cup of Wheat Flour
- 1 Cup of Water
- 1/2 Tsp of Salt
- 1 Tsp of Oil / Ghee
- 1/2 Cup of Coconut Grating

Yield : 12 Idiyappam

Method

- Heat a pan, fry the whole wheat flour in a medium flame for 5-7 mins until you find the flour turning dark brown at the bottom of pan. Turn off the flame.
- Transfer the flour to the mixing bowl.



- Heat a pan with water, oil/ghee and salt, let it boil for few mins, it should not be too hot.. Turn off the flame. Pour the water to the bowl containing wheat flour. Mix well with a fork/spoon. Let it cool down.
- Knead the flour as you do for chapathi dough. If you feel your dough is dry, you can add 2 Tbsp of Water and knead it again.



- Now it's time to take idiyappam press, grease well with oil on inside. Take dough in cylindrical form and place it in idiyappam press.
- Hand press the dough into swirls onto the greased idly plates with coconut gratings. Steam this in idly cooker for 10 mins.



- Carefully invert the plate to a casserole.
- Repeat the process for the rest of the dough.
- Serve hot with sweetened coconut milk or [vegetable korma](#)

or [curry](#).

- you can eat idiyappam in sweet version or savory version.

1. In Sweet version – Eat idiyappam with coconut milk, sugar and cardamom. Or eat it with ghee, sugar and idiyappam.

- Savory version- you can make lemon idiyappam or idiyappam biryani.



Tips

- Always grease idly plates and inner part of the

idiyappam press with oil.

- Don't steam the idiyappam for a long time, as it makes idiyappam rubbery.
- Here I used Aashirvaad atta to make this idiyappam.

Health Benefits of Whole Wheat

- Rich in fiber, helps in proper functioning of digestive tract and lowers the cholesterol and metabolic syndromes.
- Reduce the risk of cardiovascular disease.
- Reversing the weight gain process.
- Lowers the risk of diabetes.
- Excellent laxative properties.
- It has powerful antioxidant, which is vitamin E, good for skins.



PULICHA KEERAI THUVAIYAL | GONGURA CHUTNEY | SORREL LEAVES CHUTNEY



[Pinit](#)

Pulicha Keerai Thuvaiyal / Gongura chutney is a popular Andhra dish. Gongura leaves are sour in taste and high in vitamins, minerals and anti-oxidants. This is my mom's recipe. Gongura chutney tastes great with white rice, idly and dosa. The tangyness of pulichakeerai thogaiyal compliments well with curd rice.

Ingredients

2.5 Cups of Gongura Leaves / Pulicha Keerai / Sorrel Leaves
(Tightly Packed)

Salt to Taste

To Saute

1 Tbsp of Coriander Seeds

1 Tsp of Whole Cumin

7 Red Chillies, Big

1/2 Tsp of Fenugreek

6 Garlic Cloves, Big

To Temper

1-2 Tbsp of Gingelly Oil / Nallennai

1/2 Tsp of Mustard Seeds

1/2 Tsp of Urad Dal

Pinch of Hing

Method



- Remove the gongura leaves from the stem, wash it in tap water and keep this aside.
- Heat oil in a pan and roast all the ingredients listed

under " To Saute" list, fry for 2-3 mins in a medium flame till color changes and aroma comes. Turn off the flame. Let it cool for 5 mins.

- In the same pan, add gongura leaves, saute this for few mins until leaves shrinks and color changes. Turn off the flame. Let them cool down for 5 mins.
- In a blender, add the roasted spices, grind it to a coarse powder. To the blender, now add sauted gongura leaves and salt, grind it to a smooth paste.
- Heat oil in a pan, when it is hot, add mustard seeds, urad dal and hing, when it splutters, add the ground paste, saute well for 2 mins and turn off the flame.
- Gongura chutney / pulichakeerai thugayal is ready to be served with hot white rice. Also it is excellent combination with curd rice.



Tips

- It stays good in refrigerator for a week.
- Adjust the amount of red chillies according to your taste.
- You can use green chillies instead of red chillies.
- Adding gingelly oil increases the taste.
- Don't add water while grinding.

Health Benefits of Gongura Leaves

- It has a excellent source of vitamin A, B9 and C.
- Being rich in oxalic acid, they are not a good choice of people who suffers from rheumatism and kidney stones.
- Powerful laxative properties.
- Low in calories and high in anti-oxidants and fibers.
- It strengthens the functioning of heart and livers.

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Pulicha Keerai Thogayal

