

Araikeerai Kadaiyal / Keerai Kadaiyal Recipe



This is easy, yummy and nutritious south Indian style araikeerai recipe. I love araikeerai kadaiyal a lot. (Araikkeerai means Amaranthus, Indian spinach, Kadaiyal means puree). Though I prepared this kadaiyal with araikeerai, you can also prepare this kadaiyal with mullaikeerai or seerukeerai or palak keerai (spinach) or paruppu keerai. When I was young, my mom used to give keerai sadham for lunch box by mixing this keerai kadaiyal with rice and ghee. [Potato fry](#) or [colocasia fry](#) goes well with this keerai rice. This is my mom's version of keerai masiyal. I don't get araikeerai in my place (US) so when I was in India few months back, I made this keerai kadaiyal recipe at home and took photo using my mobile for my blog. So try this south Indian style araikeerai kadaiyal for lunch with hot steamed rice and ghee.

Health Benefits of Araikeerai (Amaranthus tritis)

- Good source of dietary fiber, which helps in enhancing digestion.
- Oils in amaranth helps to treat hypertension and cardiovascular problems.
- Boosts immune system.
- Good for diabetes, hair and skin problems

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- [Vallarai Keerai Chutney](#)
- [Pulichakeerai Chutney \(gongura\)](#)
- [Murungakeerai soup \(drumstick leaves soup\)](#)

How to make araikeerai kadaiyal recipe

Ingredients for Araikeerai Kadaiyal

Preparation Time : 10 mins Cooking Time : 10 mins Serves: 3

- 3 Cups of Araikeerai
 - 1 Tomato
 - 2 Green Chillies
- 10 Small Onions (Shallots)
 - 7 Garlic Cloves
 - Pinch of Tamarind
 - Salt to taste

To Temper

- 2 Tsp of Gingelly Oil
- 1 Tsp of Mustard Seeds
 - 1 Tsp of Urad Dal
 - 1 Red Chilly
- Pinch of Hing (Asafoetida)

Method for Araikeerai Kadaiyal

- Clean the greens in tap water for 3 times. Chop it finely.
 - Heat a pan with 1 cup of water, add onion, garlic, greenchilly, tomato, pinch of tamarind and araikeerai, allow it to boil for 7-10 mins until the leaves has wilted and cooked. Cool it for sometime.
- Transfer the mixture to a blender, add salt to it and grind well to a puree consistency and transfer it to a bowl.
- Heat a pan with oil, when it is hot, add mustard seeds, urad dal, red chilly and asafoetida, after it splutters, transfer this to bowl and mix well.
- Hot, tasty keeraai kadaiyal is ready to serve with hot steamed rice and ghee.

Tips

- You can do the same kadaiyal with other greens like mullaikeerai or seerukeerai or pasalakeerai.
- Don't buy yellowish or wilted greens for cooking.
 - Use big onion instead of shallots.
- Add a pinch of sugar while cooking to retain green colour..This is optional.

Keerai Kadaiyal



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