

# Kerala Avial / Aviyal Recipe



It is a traditional delicacy from kerala, southern province of India. Avial which is a medley of local indigenous vegetables cooked in a coconut – yogurt sauce, simmered until it absorbs the aroma of spices and then combined with the seasoning of mustard and curry leaves to result in a delicious, vegetarian entrée. Serve with rice or adai (savory pancake) for an authentic kerala meal.

## **Ingredients**

- 2 Medium Size Carrots
- 7 Beans
- 1 Brinjal or Eggplant
- 1 Medium Size Raw Plantain

1 Large Potato  
4 Drum Sticks  
2 Tbsp of Yogurt/Curd  
1/2 Tsp of Turmeric Powder  
1/2 Cup of Water  
Salt as needed

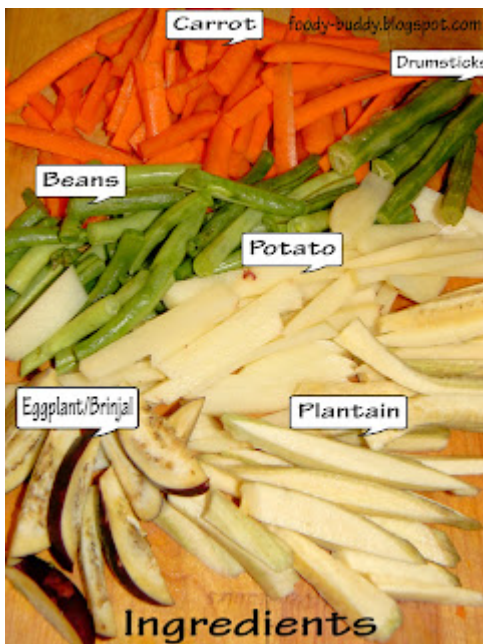
### To Grind

1/4 Cup of Grated Coconut  
1 Tsp of Whole Cumin  
2 or 3 Green Chillies

### To Temper

1 Tbsp of Coconut Oil  
1 Tsp of Mustard (optional)  
Few Curry Leaves

### Method



- Peel the skin and cut all the vegetables into 2 inch long pieces.

- In a blender, grind cumin, coconut and green chillies to a smooth paste. Keep it aside.
- In a pan add all chopped vegetables to the boiling water, add turmeric powder, salt and cook until all vegetables turn soft.
- Now add the ground paste and little water, bring it a boil. Add yogurt or curd and mix well, cook for 1 min. Switch off the stove.
- In a separate Pan, heat coconut oil, add mustard(optional) and curry leaves, let it crackles. now add the vegetable- coconut gravy and mix well. Check the salt and switch off the stove.
- yummy Avial is ready!!!!



## Tips

- In kerala, they don't temper with mustard seeds, if you wish you can temper it.
- For extra spiciness, add more green chillies to it.
- You can also add yam, ash gourd, raw mango to this recipe. I didn't add those vegetables as I was out of stock.
- If you use raw mango pieces, try to reduce the curd accordingly.

### **Health Benefits of Aviyal**

- Vegetables are low in fat, but are rich in vitamins and minerals.
- Vegetables are home for anti-oxidants.
- Vegetables are packed with soluble and insoluble dietary fiber.



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Kerala Avial

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[Matta Rice Flakes Upma /](#)  
[Sivappu Arisi Aval Upma](#)



*Matta rice is an indigenous rice grown in palakad district of Kerala. Matta rice flakes are typically used in Kerala cuisine. Healthy alternative to white rice flakes, having a high nutritional contents. This is a healthy breakfast recipe for kids and adults.*

### **Ingredients**

- 1 Cup of Matta Rice Flakes**
- 1/2 Cup of Finely Chopped Onion**
- 2 Tbsp of Grated Coconut**
- Few Curry Leaves**
- 2 Red Chillies or Green Chillies**
- 2 Tbsp of Roasted Peanuts**
- Pinch of Asafoetida**
- 1 Tsp of Mustard**
- 1 Tsp of Urad Dal**
- Oil and salt as needed**

### **Method**



- Soak matta rice flakes in water for 3 mins.
- Heat a pan with oil, add red chillies, let it turn brown. To oil, add mustard, urad dal, asafoetida, curry leaves, onions (add one by one) fry for a 1-2 mins.
- Add roasted peanuts and fry for a min.
- In a medium flame, add soaked matta rice flakes, salt and fry for 1-2 mins.
- Finally add grated coconut, mix well and switch off the stove.
- Serve immediately with onion raita.

### Tips

- Don't over soak the rice flakes, it will turn soggy while cooking.
- Adding peanuts are optional.
- You can follow the same recipe with white rice flakes.
- Soaking time for white flakes is 2 mins.
- You can add any vegetables of your choice.



## Matta Rice Flakes Upma



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### Health Benefits of Matta Rice Flakes

- Matta rice flakes are very good for the people with heart disease, diabetes and weight loss.
- Low in cholesterol, high in fiber, vitamins and minerals.

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## Elbow Pasta with Broccoli,



# Roma Tomatoes and Green Olives



*Elbows in Italian is named for its twisted tubular shape. Elbows are perfect for the American macaroni and cheese and pasta salad. This is one of my favorite weekend breakfast recipe. It is very easy to make and healthy recipe even a beginner can do without cooking knowledge. Great recipe to pack for lunch box. I bet your kids will love this pasta.*

## **Ingredients**

**1 and 1/4 Cup of Elbow Pasta**

**2 Finely Chopped Garlic**  
**1 Finely Chopped Roma Tomato**  
**1/2 Cup of Chopped Broccoli**  
**1/2 Tsp of Red Chilli Flakes**  
**1 and 1/2 Tbsp of Olive Oil**  
**Few Green Olives**  
**2 Tbsp of Parmesan Cheese(opt)**  
**1 Tbsp of Sharp Cheddar Cheese**  
**Dash of salt and pepper**  
**3-4 Cups of Water**

## **Method**



## **Ingredients**

- **Bring 3-4 Cups of water to a rolling boil, add salt to taste.**
- **Add elbow pasta to water and stir gently.**
- **To get authentic pasta taste, boil uncovered for 10- 12 mins and stir occasionally. once it done, just drain the water and keep it aside.**
- **In a large skillet, heat olive oil, add red chilli flakes, chopped garlic and saute until slightly yellow in color about 1-2 mins.**
- **Add chopped broccoli and tomato, cook for a 1-2 mins.**

**Season with salt and pepper.**

- **Add pasta to the skillet and add Parmesan cheese, toss well. Switch off the stove.**
- **Top with sharp cheddar cheese, green olives and serve immediately.**



### **Tips**

- **Adding Parmesan cheese and green olives are optional. I used because I love Parmesan, green olives and pasta combination.**
- **You can follow the same recipe by using any pasta.**





### **Health Benefits of Elbow Pasta**

- Try to use whole wheat or multi-grain pasta as it was rich in nutritional benefits like protein, vitamins, fiber and ALA omega-3.
- Adding green olives prevents heart diseases and cancer.