

Kerala Style Kootukari

Kootukari is a traditional Kerala dish that brings together the earthy flavors of vegetables and spices, simmered to perfection.

This one-pot meal is both hearty and comforting, perfect for a wholesome lunch or dinner.


25 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1 cup diced mixed vegetables (carrots, beans, potatoes)
- 1/4 cup chopped onion
- 1/4 cup grated coconut
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon cumin seeds
- 1-2 green chilies (slit)
- 1 teaspoon turmeric powder
- Salt to taste
- 2 teaspoons coconut oil
- Fresh curry leaves
- 1 cup water

Steps

- 1 Heat coconut oil in a pan and add mustard seeds. Let them splutter.
- 2 Add cumin seeds, chopped onions, and green chilies. Sauté until onions turn translucent.
- 3 Add the diced mixed vegetables and turmeric powder. Stir well to coat the vegetables with spices.
- 4 Add salt and water, cover the pan, and let it cook on medium heat for about 10-15 minutes, or until the vegetables are tender.
- 5 Once cooked, add grated coconut and curry leaves. Stir and cook for an additional 2 minutes.
- 6 Serve hot with steamed rice or chapati.