

Spinach Poriyal

Ingredients:

4 cups fresh Spinach
1 cup Onion, chopped
2 tbsp Canola Oil
¼ cup Shredded Coconut
¼ tsp Mustard Seeds
½ tsp Urad Dal
1 tsp Channa Dal
¼ tsp Salt

Directions:

Wash the spinach and chop roughly.

In a pan heat oil, add mustard seeds and allow it to splutter.

Add urad dal, channa dal, red chilies, saute in the oil until the urad dal and channa dal until the color changes to golden brown.

Add chopped onion and cook until it softens.

Add the chopped spinach and cook for 3 - 4 minutes until the spinach leaves wilt.

Add the shredded coconut and mix well.

Spinach poriyal is ready to be served.