

## RECIPE

# UGADI PACHADI / CHUTNEY



Ready in **15 minutes**

This Ugadi Pachadi is also a healthy low-calorie Pachadi and the neem flowers, tamarind, jaggery and raw mangoes contain nutrients that cleanse our system and prevent illness.

The significance of UGADI PACHADI is immense as its 6 tastes symbolizes the flavors of life. This special dish is prepared with ingredients like:

1. Jaggery (SWEET): signifying happiness. The sweet taste symbolizes the blissful moments of life which are a blessing.
2. Salt (SALTY): displaying interest in life. Without salt our life would be tasteless. The salty moments are essential to make our lives exciting.
3. Tamarind (SOUR): representing challenges. It stands for the sour moments of life which along with other flavors make our lives worth living.
4. Neem flowers (BITTER): illustrates difficulties of life. The bitter taste represents the despondent moments of life. Bitter moments are also a part of life and should be accepted.
5. Raw mango (TART): representing surprises and new challenges. Mango signifies the surprise element in our life and that we should always be prepared for it.
6. Chili powder (SPICY): signifies or embodies the anger within us.

## INGREDIENTS



- 1 teaspoon tamarind pulp/ **substitute**: 2tsp fresh lime juice
- $\frac{1}{3}$  cup water to be added later
- $\frac{1}{4}$  cup jaggery/ **substitute**:  $\frac{1}{4}$  cup honey or  $\frac{1}{4}$  cup diced ripe banana
- $\frac{1}{3}$  cup finely chopped raw mangoes / **substitute**:  $\frac{1}{3}$  cup finely diced granny smith apple
- 2 tablespoons Neem (Margosa) flowers/ **substitute**: 1tbsp neem/fenugreek powder or 1tbsp grated bitter melon
- $\frac{1}{4}$  teaspoon black pepper powder / **substitute**:  $\frac{1}{4}$  tsp paprika
- $\frac{1}{4}$  teaspoon salt or add as required
- Optional Ingredients:
  - Chunks of ripe banana
  - Roasted channa / dal
  - Chopped cashews
  - Raisins

## PREPARATION

1. Mix all the above ingredients except salt to form a sauce like appearance
2. Mix very well with a spoon so that the jaggery dissolves.
3. Reduce the water content as desired for a thicker consistency
4. Season with  $\frac{1}{4}$  teaspoon salt at the end or add as desired.
5. This chutney is best served and eaten fresh.