

Brahmi Chutney Recipe

Simple chutney that includes healthy and fresh Brahmi leaves



Brahmi Chutney Recipe is prepared from Brahmi leaves. Brahmi is actually a medicinal herb that grows in the fields and is a powerhouse of nutrients. It has been extensively used in Ayurveda. It is said that Brahmi leaves when consumed early morning in empty stomach boosts memory power and intelligence level. Today's recipe Brahmi Chutney Recipe is a simple nutrient dense dish that can be relished with rice, [Homemade Crisp Ghee Roast Dosas](#), [Carrot & Cheese Filled Idli Recipe](#), [Jolada Roti Recipe](#) etc.

Cuisine: [South Indian Recipes](#)

Course: Side Dish

Diet: Vegetarian

Equipments Used: [Leaf Mixer Grinder](#), [Hard Anodised Kadai \(Wok\)](#)

Prep in 10 M ; Cooks in 5 M ; Total in 15 M

Makes: 4 Servings

Ingredients

- 1 cup Brahmi leaves
- 1/2 cup Fresh coconut , grated
- 1-1/2 teaspoon White Urad Dal (Split)
- 1 teaspoon Chana dal (Bengal Gram Dal)
- 4 - 6 Dry Red Chillies
- 1 pinch Asafoetida (hing)
- Curry leaves , a few
- 12 grams Tamarind , (grape size)
- Salt , to taste
- 2 teaspoon Coconut Oil

How to make Brahmi Chutney Recipe

1. To begin making Brahmi Chutney Recipe, clean and wash brahmi leaves.
2. Heat a kadai with coconut oil, add urad dal, chana dal, red chillies, curry leaves and hing. Fry them in oil till the urad dal and chana dal turns golden brown in color. Allow them to cool to room temperature.
3. Transfer roasted and cooled masala to a blender / mixer. Add in salt , tamarind, coconut and brahmi leaves. Grind to a smooth consistency by adding little water.
4. Brahmi Chutney Recipe is a simple nutrient dense dish that can be relished with rice, [Homemade Crisp Ghee Roast Dosas](#), [Carrot & Cheese Filled Idli Recipe](#), [Jolada Roti Recipe \(Jowar Bhakri\)](#) etc.