



### Avial - An Indian Vegetable Treat

Many Indian vegetarian recipes are divided between the northern and southern cooking styles of the subcontinent. This delightful recipe for avial combines both, blending northern Indian spices and southern Indian sweetness. You can halve the number of chilis if you want to decrease the intensity of heat.

#### Ingredients

1 1/2 lb mixed vegetables (Any combination of vegetables will do, but I prefer a mix of carrots, cauliflower, okra and green beans.)  
4 fresh green chilis, halved lengthwise  
1 tsp salt  
1/4 tsp turmeric powder  
1/4 tsp cumin powder  
1 cup grated coconut  
4 - 6 shallots  
1/2 cup plain yogurt

#### Preparation Process

Cut vegetables into cubes or slices, depending on your preference.

Pound the coconut and shallots in a food processor. (If you don't have a food processor, a mortar and pestle will work.)

Sauté the vegetables in a wok for one minute, then mix in the chilis, salt, turmeric and cumin.

Once the vegetables are cooked, add yogurt and shallot and coconut mixture. Stir well and serve.

If you want to watch the video again. Click [here](#).