

WHITE PAPAYA KURUMA



DIRECTIONS

1. Cut and prepare all the ingredients beforehand, so you will only have to toss them together. You can find all the ingredients in Asian stores and even in some of the bigger departmental stores. It is important that you use raw papaya, not the ripe and soft one.
2. Heat the pan over a medium flame and add the olive oil to it. Once the oil is hot add the mustard seeds and wait for them to start popping. Then add urad dal, chopped ginger, as well as garlic and onion.
3. Fry it until everything is golden brown. Add the boiled green papaya sauté everything for a few minutes.
4. Season the dish with salt and add coconut milk to it. Cook everything for two more minutes and serve hot, with Indian bread or plain rice.

Enjoy your meal!

INGREDIENTS

- 1 tbsp olive oil
- 1 tsp mustard seed
- 1 tsp urad dal
- 1 tsp chopped ginger
- 1 tsp chopped garlic
- 200 g chopped onions
- 5 curry leaves
- 1/3 cinnamon stick
- 240 ml coconut mild
- 150 g boiled, green papaya
- salt



TEN TIMES AWARDED AS

“THE BEST AYURVEDIC CENTRE”

BY THE GOVERNMENT OF KERALA



SOMATHEERAM **AYURVEDIC HEALTH RESORT**



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HEALTH TIPS

Papaya is suitable for all doshas and provides several health benefits.

As the fruit is rich in fiber, it helps reducing the cholesterol while its antioxidant property helps controlling premature ageing. Its digestive enzyme “papain” supports the natural digestion and its juice helps curing colon infections. Being low in calories but high in nutritional values, papaya is recommended to everyone trying to lose weight.

It contains anti-inflammatory enzymes that help relieving pain for those who are suffering from edema, arthritis and osteoporosis, and it also possesses anti-cancerous properties that can help prevent cancer. Papaya is rich in Vitamin A and Vitamin C that help boosting the body’s immunity and makes it less prone to diseases.

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