DietCloud – Recipe

Recipe Name: Punjabi radish bhurji recipe

Diet Type:

Course: Side Dish

Cuisine: Punjabi

Quantity:



Ingredients

Ingredient	Quantity
• 2 Mooli/ Mullangi (Radish) - grated or cut into tiny pieces • 1 cup Mooli Ke Patte (Radish Greens) - (with stem) chopped finely • 1 teaspoon Mustard oil • 1/2 teaspoon Ajwain (Carom seeds) • 1/4 teaspoon Asafoetida (hing) • 1/4 teaspoon Ginger - grated • 2 Green Chillies - chopped finely • 1/2 teaspoon Turmeric powder (Haldi) • 1/2 teaspoon Red Chilli powder • Salt - to taste	3

Preparation

• To begin making the Punjabi Mooli Ki Bhurji Recipe, wash radish and its leaves thoroughly with water.
• Grate or chop radish into fine pieces.
• Chop stem and leaves of radish finely.
• In a medium sized non-stick wok, add mustard oil and heat over medium flame.
• The oil should be smoking hot.
• Add asafoetida and ajwain seeds.
• Let it turn light brownish.
• Grate ginger and saute it for about 2 minutes.
• Add chopped green chilies.
• Now, add the chopped radish, leaves and stems to the wok.

- Add turmeric powder, red chilli powder, and salt to the wok.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)