DietCloud – Recipe

Recipe Name: Arbi Ka Saag Recipe

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 250 grams Colocasia root (Arbi) - boiled and peeled	2
• Sunflower Oil - as required	
• 1/2 teaspoon Mustard seeds	
• 1/4 teaspoon Asafoetida (hing)	
• 1 Green Chilli - finely chopped	
• 1 tablespoon Ginger Garlic Paste	
• 1 Onion - finely chopped	
• 1/2 cup Curd (Dahi / Yogurt)	
• 1 teaspoon Red Chilli powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Coriander Powder (Dhania)	
• Salt - as required	
• Water - as required	
• Coriander (Dhania) Leaves - Few sprigs	

Preparation

• To begin making the Arbi Ka Saag recipe, firstly cut the boiled arbi into round shape.

• Keep it aside.

• Heat oil in a wok/kadhai.

• Add mustard seeds and asafoetida into the pan.

• Let it cook till the mustard seeds crackle.

• Once it crackles, add the ginger garlic paste, green chillies and let it cook for about 2 to 3 minutes.

• After 2 to 3 minutes, add in the finely chopped onions.

• Let it cook till the onion becomes soft and translucent.

• Add all the masala including red chilis powder, turmeric powder, coriander powder and salt into the pan.

- Let it cook for 4 to 5 minutes.
- Meanwhile, add water into the curd and whisk well.
- Add the boiled Karbi and mix everything properly.
- Turn the flame low, pour the curd into the pan and stir continuously.
- Cover the lid and let it cook for about 8 to 10 minutes.
- After 8 to 10 minutes, switch off the flame and garnish it with the chopped coriander.

Macronutrients

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