DietCloud – Recipe

Recipe Name: Suva Methi Baingan Sabzi Recipe (Eggplant in Dill and Methi leaves Curry Recipe)

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 5 Small Brinjal (Baingan / Eggplant) • 1 cup Kasuri Methi (Dried Fenugreek Leaves) • 1 cup Dill leaves • 3 cloves Garlic - minced or crushed • 3 Green Chillies - chopped small or minced • 1 inch Ginger - grated • 2 Tomatoes - chopped roughly • 1 tablespoon Mustard oil • 1/4 teaspoon Mustard seeds • 1/4 teaspoon Fennel seeds (Saunf) • 1/2 teaspoon Cumin seeds (Jeera) • 1 pinch Asafoetida (hing) • Salt - to taste	4

Preparation

• We begin making the Suva Methi Baingan Sabzi Recipe (Eggplant in Dill and Methi leaves Curry Recipe) by heating pressure with oil.
• Crackle the mustard seeds, cumin seeds, fennel seeds and hing.
• Add in the tomatoes, ginger and green chillies.

• Then add in the aubergine, dill leaves and dry fenugreek leaves.
• Sprinkle salt and check for season.

• Release the pressure naturally.

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Macronutrients

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