DietCloud – Recipe

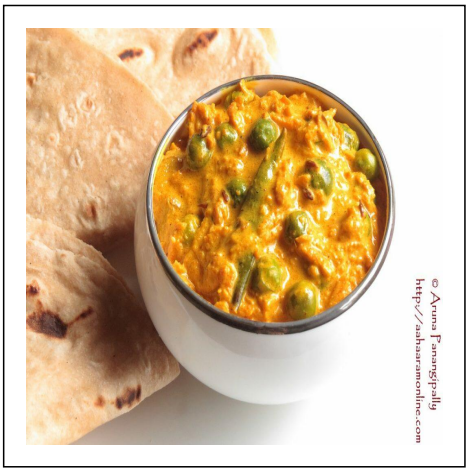
Recipe Name: Haldi Ki Sabzi Recipe

Diet Type:

Course: Side Dish

Cuisine: Rajasthani

Quantity:



Ingredients

Ingredient	Quantity
• 200 grams turmeric - root	5
• 1 tablespoon gram flour	
• 1/4 cup curd - beat	
• 1 inch ginger - tighten	
• 2 green chillies - finely chopped	
• 1 teaspoon coriander powder	
• 1/2 teaspoon garam masala powder	
• Coriander - little	
• salt - according to taste	
• black pepper powder - as per taste	
• 1 sprig curry leaves	
• 1 teaspoon mustard	

Preparation

• To make turmeric vegetable, first heat oil in a pan.

• Add ginger, turmeric and green chilies.

• Add a little salt and cook until it gets soft.

• It will take 4 to 5 minutes.

• Now add curd, gram flour, salt, coriander powder, black pepper powder and garam masala powder in a bowl.

• Beat well and keep aside.

• After turmeric is cooked, slowly add yogurt mixture to it and keep stirring.

• Stir it till the vegetable thickens.

• This will take at least 5 minutes.

• After the turmeric is cooked, turn off the gas, take it out in a bowl, add green coriander and mix it.

• Now heat ghee in a tempering pan for tempering.

- After the ghee is hot, add mustard seeds and let it splutter.
- After rai breaks, add curry leaves, mix and turn off the gas.
- Add this tempering to the vegetable and mix.
- Serve.
- Serve the turmeric vegetable with punchy dal, phulka and masala chas for dinner.

Macronutrients

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