DietCloud – Recipe

Recipe Name: Sweet Potato And Broccoli Sabzi Recipe

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Broccoli - cut into florets	4
• 1 Sweet Potato - peeled and cut lengthwise	
• 1/2 teaspoon Cumin powder (Jeera)	
• 1 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• 1/2 teaspoon Kalonji (Onion Nigella Seeds)	
• 1 teaspoon Sunflower Oil	
• 1 teaspoon Red Chilli powder	
• Salt - to taste	

Preparation

• To begin making the Sweet Potato & Broccoli Sabzi Recipe, cut broccoli into small size florets.

• Wash, pat dry and keep aside.

• Soak sweet potato in water in a bowl.

• To this add the broccoli, sprinkle some cumin powder and salt.

• This should take about 4-6 minutes.

• Add the nigella seeds and allow it to sizzle.

• Stir to combine, cover the pan with the lid and cook potatoes until it is cooked through completely.

• This will take a good 10 minutes on medium flame.

- Cook the Sweet Potato & Broccoli Sabzi Recipe for another minute or so and turn off the heat.

Macronutrients

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