DietCloud – Recipe

Recipe Name: Bengali Style Shak Bhaja Recipe - Stir Fried Green Amaranth Leaves (Recipe in Hindi)

Diet Type:

Course: Lunch

Cuisine: Bengali Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 300 grams Amaranth Leaves	2
• 1/2 teaspoon Khus Khus	
• 1/2 cup Peanuts - Roast	
• 2 Dry Red Chillies	
• 3 Buds Garlic - Finely chopped	
• 1 inch Ginger - Kass	
• 1 teaspoon Cumin Powder	
• Salt - As per taste	
• mustard oil - as per use	

Preparation

- To make Bengali Style Shak Bhaja, first wash Amaranth leaves thoroughly.
- Cut the leaves and cook on a high flame for 2 minutes in a saucepan with water.
- Now heat the oil in a pan.
- Add peanuts and cook for a while.
- Take out after roasting.
- Add dry red chillies, khus khus, ginger and garlic to the remaining oil.
- After 20 seconds, add peanuts and cooked amaranth leaves.
- Add salt and mix well.
- Cook for 1 minute and serve hot.
- Serve Bengali style Shak Bhaja with phalguni dal, boondi raita and roti for dinner.

Macronutrients

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