DietCloud – Recipe

Recipe Name: Marrakesh Vegetable Curry Recipe

Diet Type: Vegetarian

Course: Main Course

Cuisine: African

Quantity:



Ingredients

Ingredient	Quantity
• 6 Green beans (French Beans) - chopped	4
• 1 Carrot (Gajjar) - peeled and diced	
• 1 Sweet Potato - peeled and diced	
• 1 Brinjal (Baingan / Eggplant) - diced	
• 1 Green zucchini - diced	
• 1 Red Yellow or Green Bell Pepper (Capsicum) - chopped	
• 1 Onion - chopped	
• 1 cup Spinach - chopped	
• 3 cloves Garlic	
• 2 inch Cinnamon Stick (Dalchini)	
• 1 teaspoon Curry powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 cup Fresh orange juice	
• Badam (Almond) - a few	
• Raisins - a few	
• 1 teaspoon Black pepper powder	
• 2 tablespoons Sunflower Oil	

Preparation

• To begin making Marrakesh Vegetable Curry Recipe, prepare all the ingredients and keep ready.

• In a large saucepan, heat some oil, throw in all the veggies (chopped beans, carrot, sweet potato, eggplant, zucchini, capsicum, and onion) and saute for 3-5 minutes of till the veggies are almost done.

• Add this sauted spice mix into the veggie mix.

• Mix everything well and simmer for 15 -20 minutes on low flame.

- Finally add chopped spinach to the curry, let it boil for 5 mins till combined well and switch off.

Macronutrients

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