DietCloud – Recipe

Recipe Name: Kachcha Kela Masala Sabzi Recipe (Raw Banana with Tomatoes & Spices)

Diet Type:

Course: Lunch

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 2 Raw Banana	4
• 2 Tomatoes - finely chopped	
• 1 inch Ginger - grated	
• 2 Bay leaves (tej patta)	
• 1 teaspoon Turmeric powder (Haldi)	
• 1/4 teaspoon Asafoetida (hing)	
• 1 teaspoon Coriander Powder (Dhania)	
• 1/2 teaspoon Garam masala powder	
• Red Chilli powder - as required to taste	
• Salt - as required to taste	

Preparation

• Cut the raw bananas in half and place it in the cooker.

• Add 1/4 cup of water, cover the cooker and place the weight on.

• Pressure cook until you hear 3 to 4 whistles and turn off the heat.

• Allow the pressure to release naturally.

• Once the pressure has released, open the cooker and peel the skin of the bananas.

• Cut them into dices and keep aside.

• The next step is to make the masala and cook the kachcha kela sabzi.

• Heat a teaspoon of oil in a heavy bottomed pan or a wok.

• Add the grated ginger, tomatoes, turmeric, asafoetida, bay leaves, garam masala, coriander powder and red chili powder.

• Stir all the ingredients well and add the cooked raw banana and salt and stir to combine.

• Turn the heat to low, cover the pan and cook the Kela Masala Sabzi until you see the masala is well coated with the sabzi.

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- This will take about 5 minutes.
- Once done, check the salt and spices and adjust to suit your taste.

Macronutrients

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