DietCloud – Recipe

Recipe Name: Cabbage and Carrot Sambharo Recipe - Gujarati Vegetable Stir Fry

Diet Type: Vegetarian

Course: Lunch

Cuisine: Gujarati Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 3 Carrots (Gajjar) - grated	4
• 3 cups Cabbage (Patta Gobi/ Muttaikose) - shredded	
• 1 Green Bell Pepper (Capsicum) - thinly sliced	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Sugar	
• 1 teaspoon Lemon juice	
• Salt - to taste	
• 1 teaspoon Sunflower Oil	
• 1 teaspoon Mustard seeds	
• 1/4 teaspoon Asafoetida (hing)	
• 1 sprig Curry leaves	
• 3 Green Chillies - slit lengthwise	

Preparation

• To begin making the Cabbage and Carrot Sambharo Recipe, heat oil in a heavy bottomed pan on medium heat.
• Add the mustard seeds and allow it to crackle.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	2	4	6