

Recipe Name: Bengali radish potato vegetable recipe
Diet Type: Vegetarian
Course: Lunch
Cuisine: Bengali Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 3 Mooli/ Mullangi (Radish) - cut into small piece	4
• 2 Potato (Aloo) - cut into small piece	
• 1 Onion - chopped	
• 1 Green Chilli - chopped	
• 3 tablespoons Kasundi mustard sauce	
• 1 teaspoon Red Chilli powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Mustard seeds	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Kalonji (Onion Nigella Seeds)	
• 1 tablespoon Mustard oil - adjustable	
• 1/2 teaspoon Sugar	
• Salt - to taste	

Preparation

- To begin making the Bengali Mooli Aloo Ki Sabzi recipe, heat mustard oil in a heavy bottomed pan.
- Add the mustard seeds, cumin seeds, nigella seeds and saute them for about 10 seconds.
- After 10 seconds, add green chilli and onion.
- Cook till the onion become.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	4	35	10	6	5