

Recipe Name: Masalewali Turai Sabzi Recipe -
Masalawali Turai Sabzi Recipe

Diet Type:

Course: Side Dish

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 trumpet - peel and chop	4
• 1/2 teaspoon mustard	
• 1/2 teaspoon cumin seeds	
• 1 ginger	
• 2 tomatoes - make puree	
• 1/2 teaspoon turmeric powder	
• 1/2 teaspoon red chilli powder	
• 1 small Spoon coriander powder	
• 1 teaspoon jaggery	
• 1 tablespoon oil	
• salt - as per taste	
• 1/4 cup water	
• coriander leaves - as per use	

Preparation

- To make the Masala Turi Sabzi recipe, first heat the oil in a pressure cooker.
- Add the mustard seeds, cumin seeds and let it splutter.
- Now add ginger, tomato, turmeric powder, red chili powder, coriander powder, jaggery and salt.
- Let it cook for 3 minutes.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	3	4	6