

Recipe Name: White Vegetable Kurma Recipe With Coconut & Cashew

Diet Type: Vegetarian

Course: Side Dish

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 Carrot (Gajjar) - chopped	4
• 7 Potatoes (Aloo) - chopped	
• 2 cups Cauliflower (gobi) - cut to small florets	
• 1 Onion - chopped	
• 1 tablespoon Ginger Garlic Paste	
• Salt - to taste	
• 2 teaspoons Sunflower Oil	
• 1/2 cup Fresh coconut - grated	
• 1/2 teaspoon Whole Black Peppercorns	
• 2 Green Chillies	
• 1 teaspoon Fennel seeds (Saunf)	
• 1 teaspoon Poppy seeds	
• 6 Cashew nuts	
• 1/2 inch Cinnamon Stick (Dalchini)	
• 1 Star anise	
• 3 Cloves (Laung)	
• 2 Cardamom (Elaichi) Pods/Seeds	
• 1 teaspoon Cumin seeds (Jeera)	

Preparation

- Keep aside.
- Keep the potato immersed in water until use.

Macronutrients



Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	55	24	8	10

