

Recipe Name: Dry Suran Masala Vegetable Recipe

Diet Type: Vegetarian

Course: Side Dish

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 250 grams Elephant yam (Suran/Senai/Ratalu) - sliced into 1 inch square pieces • 1 Onion - sliced • 2 Green Chillies - slit • 1 teaspoon Ginger - finely chopped • 1 teaspoon Garlic - finely chopped • 1 sprig Curry leaves • 1/2 teaspoon Cumin seeds (Jeera) • 1/2 teaspoon Turmeric powder (Haldi) • 1 teaspoon Coriander Powder (Dhania) • 1/2 teaspoon Cumin powder (Jeera) • 1/2 teaspoon Red Chilli powder • 1/2 teaspoon Black pepper powder • 1/2 teaspoon Garam masala powder • Salt - to taste • 2 teaspoons Sunflower Oil	4

Preparation

- To begin making Sukhi Suran Masala Sabzi Recipe first prepare the yam, remove the hard outer skin and then slice yam/ suran into one inch square pieces.
- Soak the sliced yam pieces in water and keep aside.
- Next heat oil in a non stick wok/Kadai or a deep pa.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	20	8	10