

Recipe Name: Rajasthani Style Dried Gatta Capsicum Vegetable Recipe

Diet Type: Vegetarian

Course: Side Dish

Cuisine: Rajasthani

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Gram flour (besan)	4
• 1/2 teaspoon Ajwain (Carom seeds)	
• 1/4 teaspoon Red Chilli powder	
• 2 tablespoons Curd (Dahi / Yogurt)	
• 1 tablespoon Sunflower Oil	
• Salt - to taste	
• 1 Green Bell Pepper (Capsicum) - cut into cubes	
• 1 teaspoon Cumin seeds (Jeera)	
• 1/4 teaspoon Asafoetida (hing)	
• 1 teaspoon Turmeric powder (Haldi)	
• 1/4 teaspoon Red Chilli powder	
• 2 teaspoon Garam masala powder	
• 1 teaspoon Amchur (Dry Mango Powder)	
• 1 teaspoon Coriander Powder (Dhania)	
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• Salt - to taste	
• 4 sprig Coriander (Dhania) Leaves - chopped	
• Sunflower Oil	

Preparation

- To begin making the Sukhe Gatte Capsicum Ki Sabzi Recipe we will first make the gatte.
- In a large mixing bowl, combine all the ingredients for the gatta.
- Add a few teaspoons of water at a time and knead to make a firm dough.
- Knead well for about 5 minutes t.

Macronutrients



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

