

Recipe Name: Cauliflower Matar Bhurji (Recipe in Hindi)
Diet Type:
Course: Dinner
Cuisine: Indian
Quantity:



Ingredients

Ingredient	Quantity
• 1 cabbage	3
• 1 cup green peas	
• 1 onion - finely chopped	
• 3 green chillies	
• 1 tomato - finely chopped	
• 1 teaspoon ginger garlic paste	
• 1/4 teaspoon turmeric powder	
• 1/2 teaspoon garam masala powder	
• 1-1 / 2 tablespoon oil	
• 1 teaspoon red chilli powder	
• salt - as per use	
• coriander leaves - little	

Preparation

- To make cabbage pea bhurji, first boil water.
- Add cabbage pieces to it and keep it aside for 10 minutes.
- Remove water from it and finely chop it.
- Now put it in the food processor and bark at once.
- Now heat oil in a pan.
- Add grated cauliflower and fry it f.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	10	20	15	5	5