

Recipe Name: Mustard Vegetable Curry Recipe
Diet Type: Vegetarian
Course: Side Dish
Cuisine: Indian
Quantity:



Ingredients

Ingredient	Quantity
• 2 teaspoons oil	4
• 1 teaspoon cumin seeds	
• 2 cloves garlic - grated	
• 2 onions - finely chopped	
• 1 teaspoon red chilli powder	
• 1/2 teaspoon turmeric powder	
• 1/2 cup coconut milk	
• 1 cup vegetable Stock	
• 2 tablespoons Dijon Mustard	
• 2 carrots - cut round thinly	
• 5 green beans - cut into small pieces	
• 1/4 cup green peas - steam	
• 2 potatoes - boiled	
• salt - as per taste	

Preparation

- To make the mustard vegetable curry, first of all steam the vegetables and keep them aside.
- Now heat oil in a pan.
- Add cumin, garlic, onion and cook till the onion becomes soft.
- After the onion softens, add turmeric powder, red chili powder and mix it for.

Macronutrients

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