

**Recipe Name:** Baingan Sarson Ka Saag Recipe

**Diet Type:**

**Course:** Lunch

**Cuisine:** North Indian Recipes

**Quantity:**



## Ingredients

| Ingredient                                                 | Quantity |
|------------------------------------------------------------|----------|
| • 300 grams Small Brinjal (Baingan / Eggplant) - quartered | 4        |
| • 200 grams Mustard greens                                 |          |
| • 1 Onion - sliced                                         |          |
| • 4 cloves Garlic - finely chopped                         |          |
| • 1 inch Ginger - finely chopped                           |          |
| • 1/2 teaspoon Cumin seeds (Jeera)                         |          |
| • 1 teaspoon Red Chilli powder                             |          |
| • 1 teaspoon Coriander Powder (Dhania)                     |          |
| • 1 teaspoon Garam masala powder                           |          |
| • 1 teaspoon Amchur (Dry Mango Powder)                     |          |
| • Salt - to taste                                          |          |
| • 3 tablespoons Mustard oil - for cooking                  |          |

## Preparation

- To begin making Baingan Sarson Ka Saag Recipe first prep all the ingredients and keep aside.
- Quarter the brinjal and keep them in salted water till you use them.
- Keeping them in salted water prevents discolouration of the brinjal.
- Wash and chop the mustard.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
| 320             | 9           | 25        | 22      | 6         | 8         |