

Recipe Name: Baingan Sarson Ka Saag Recipe - Brinjal Mustard Saag Recipe

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 300 grams Brinjal - chopped	4
• 200 grams mustard	
• 1 onion - thin and straight cut	
• 4 cloves garlic - finely chopped	
• 1 inch ginger - finely chopped	
• 1/2 tsp cumin	
• 1 tsp red chili powder	
• 1 tsp coriander powder	
• 1 tsp garam masala powder	
• 1 tsp mango powder	
• salt - as per taste	
• 3 tbsp mustard oil - as per use	

Preparation

- To make the brinjal mustard greens recipe, prepare all the ingredients first and keep them separately.
- Cut the eggplant and keep it in salt water.
- Wash the mustard thoroughly and cut it and keep it separately.
- Now heat oil in a pan.
- When the oil is very h.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
320	9	25	22	10	8