

Recipe Name: Rajasthani Goonde Vegetable Recipe (Bird Lime Stir Fry)

Diet Type: Vegetarian

Course: Side Dish

Cuisine: Rajasthani

Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Gunde (bird lime)	4
• 1 teaspoon Methi Seeds (Fenugreek Seeds)	
• Sunflower Oil - as required	
• Water - as required	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Asafoetida (hing)	
• 1 teaspoon Fennel seeds (Saunf)	
• 1/2 teaspoon Mustard seeds	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Amchur (Dry Mango Powder)	
• Coriander (Dhania) Leaves - few	

Preparation

- To begin making the Rajasthani Gunde Ki Sabzi, firstly boil the gunde in a saucepan with water, drain the water, remove the seeds and keep it aside to cool down for about an hour.
- Once it is done, heat oil in a heavy bottomed pan.
- Add cumin seeds, mustard.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	22	35	24	8	10