

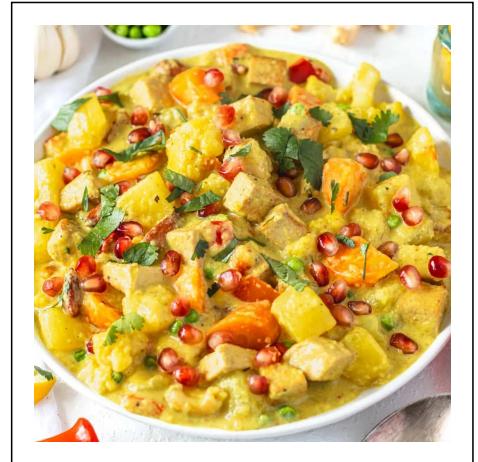
Recipe Name: Vegan Navratan Korma Recipe

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
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|--|---|
| • 2 Carrots (Gajjar) - diced small | 4 |
| • 10 to 12 Green beans (French Beans) - cut into 1 inch pieces | |
| • 1/2 cup Cauliflower (gobi) - cut into florets | |
| • 2 Potatoes (Aloo) - boiled and diced | |
| • 1/2 cup Tofu - diced | |
| • 2 Onions - sliced | |
| • 6 Green Chillies | |
| • 2 tablespoon Ginger Garlic Paste | |
| • 1/2 teaspoon Turmeric powder (Haldi) | |
| • 1/2 teaspoon Red Chilli powder | |
| • 3-4 Cardamom (Elaichi) Pods/Seeds - powdered | |
| • 1 Black cardamom (Badi Elaichi) | |
| • 3 Cloves (Laung) | |
| • 1 inch Ginger | |
| • 1 cup Coconut Yogurt - optional | |
| • 1/2 cup Coconut milk - thick | |
| • Mint Leaves (Pudina) - as needed | |
| • 6-8 Saffron strands | |
| • Edible Silver Foil/Leaf (Chandi Ka Vark) - optional | |
| • Pineapple - few pieces | |
| • 2 tablespoons Raisins | |
| • 6-8 Cashew nuts - toasted | |
| • 1 tablespoon Badam (Almond) - sliced | |
| • 1 tablespoon Pistachios - sliced | |
| • 1/2 Garam masala powder - optional | |
| • Coconut Oil - cold pressed | |
| • 1-1/2 tablespoons Poppy seeds | |
| • 10 Cashew nuts - whole | |



- 15 Badam (Almond)





Preparation

- To begin making the Vegan Navratan Korma, soak cashews and almonds reserved for the paste in water for 40 minutes.
- Grind this to a smooth paste along with poppy seeds and set aside.
- Chop all the vegetables and gather all the ingredients required for the ko.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
550	15	60	25	8	10

