

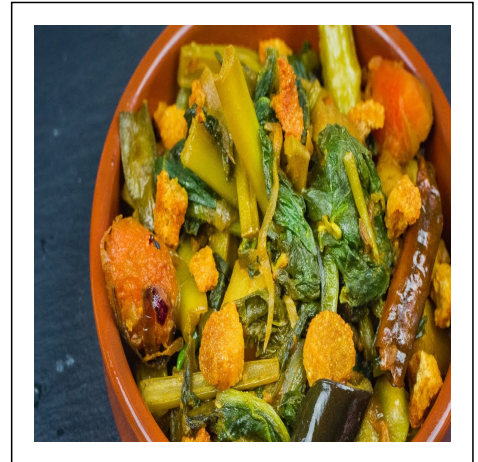
Recipe Name: Pui Shaker Chorchori Recipe - Mixed Vegetable Curry With Malabar Spinach

Diet Type: Vegetarian

Course: Side Dish

Cuisine: North East India Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 3-4 cups Malabar Spinach Leaves - as well as stalks chopped into big pieces	4
• 1 cup Kaddu (Parangikai/ Pumpkin) - cut into big pieces	
• 1/2 cup Mooli/ Mullangi (Radish) - cut into small pieces	
• 1/2 cup Potato (Aloo) - cut into small pieces	
• 1 cup Brinjal (Baingan / Eggplant) - cut into big pieces	
• 1/2 teaspoon Panch Phoran Masala	
• 2-3 Dry Red Chillies	
• 2 tablespoons Mustard oil - or vegetable oil	
• 1 teaspoon Cumin powder (Jeera)	
• Salt - to taste	
• 1 teaspoon Sugar - optional	
• 1/2 teaspoon Turmeric powder (Haldi)	

Preparation

- To begin making the Pui Shaager Chorchori Recipe, firstly we will wash the vegetables and the leaves well in water.
- Keep them aside.
- Once hot, add 1/2 teaspoon of panch phoran masala, followed by red c.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	22	60	14	8	10