

Recipe Name: Gawar Phali Masala Sabzi Recipe - Cluster Beans Gravy Sabzi

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
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| <ul style="list-style-type: none"> • 250 grams Gawar Phali (Kothavarangai / Cluster beans) - washed and cut into 1-1.5 inch pieces • 1/2 teaspoon Ajwain (Carom seeds) • 1/4 teaspoon SSP Asafoetida (Hing) • 1 Onion - chopped • 4 Tomatoes - finely chopped • 6 cloves Garlic - finely chopped • 1 inch Ginger - finely chopped • 1/2 teaspoon Turmeric powder (Haldi) • 1 teaspoon Red Chilli powder • 1 teaspoon Coriander Powder (Dhania) • 1 tablespoon Jaggery • 1/2 cup Raw Peanuts (Moongphali) • Salt - to taste • 1/2 cup Water • 1 teaspoon Mustard oil • Coriander (Dhania) Leaves - for garnish | 4 |
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Preparation

- To begin making the Gawar Phali Masala Sabzi Recipe, into a preheated pressure cooker add oil.
- Once the oil is hot add the ajwain, asafoetida, onion, garlic, ginger and saute until the onions soften and turn golden brown in colour.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	9	30	10	5	5