

Recipe Name: Rajasthani Gatte Ki Sabzi Recipe With Onion & Garlic

Diet Type:

Course: Lunch

Cuisine: Rajasthani

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Gram flour (besan)	4
• 1/2 teaspoon Ajwain (Carom seeds)	
• 1/4 teaspoon Red Chilli powder	
• 2 tablespoons Curd (Dahi / Yogurt)	
• 2 tablespoons Sunflower Oil	
• Salt - to taste	
• 2 tablespoons Gram flour (besan)	
• 2 cups Curd (Dahi / Yogurt)	
• 4 cloves Garlic	
• 1 Onion - finely chopped	
• 1/4 teaspoon Asafoetida (hing)	
• 1 teaspoon Turmeric powder (Haldi)	
• 1/4 teaspoon Red Chilli powder	
• 1 Bay leaf (tej patta) - torn	
• 3 Cloves (Laung)	
• 1 inch Cinnamon Stick (Dalchini)	
• Salt - to taste	
• 4 sprig Coriander (Dhania) Leaves - chopped	
• 1/2 teaspoon Mustard seeds	
• 1 tablespoon Ghee	

Preparation

- In a large mixing bowl, combine all the ingredients for the gatta.
- Add a few teaspoons of water at a time and knead to make a firm dough.
- Knead well for about 5 minutes to m.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	20	8	10

