

Recipe Name: Andhra Style Palakura Vepudu Recipe - Spinach Stir Fry Recipe

Diet Type:

Course: Lunch

Cuisine: Andhra

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Spinach - washed and chopped	4
• 1 Onion - chopped	
• 1 inch Ginger - chopped	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Coriander Powder (Dhania)	
• 1 teaspoon Cumin powder (Jeera)	
• Salt - to taste	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 2 cloves Garlic - sliced	
• 1 sprig Curry leaves	

Preparation

- To begin making the Andhra Style Palakaru Vepadu Recipe (Spinach Stir Fry Recipe), firstly heat a heavy bottomed pan/kadhai with oil.
- Next, add garlic and saute for few seconds.
- Add the onions and s.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	3	6	7	2	1