

Recipe Name: Paka Kela Ki Sabzi Recipe | Paka Kela nu Shaak | Gujarati Jain Recipe

Diet Type:

Course: Dinner

Cuisine: Gujarati Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 3 cups Ripe Bananas - cubed	4
• 1/4 cup Gram flour (besan)	
• 1/4 teaspoon Asafoetida (hing)	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Red Chilli powder	
• 1/4 teaspoon Cumin seeds (Jeera)	
• 1/4 teaspoon Mustard seeds	
• 1 sprig Curry leaves - finely chopped	
• 2 teaspoons Sunflower Oil	
• Salt - to taste	

Preparation

- To begin making the Paka Kela Nu Shaak; prepare all the ingredients and keep them ready.
- Heat oil in a pan on medium high; add the mustard seeds, cumin seeds and curry leaves and allow it to crackle.
- Add the asafoetida, turmeric powder, red chilli powder an.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	2	40	10	4	10