

Recipe Name: Fansi Muthia Nu Shaak Recipe - Green Beans With Gram Flour Dumplings

Diet Type:

Course: Main Course

Cuisine: Gujarati Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 400 grams Green beans (French Beans) - cut into 1 inch pieces • 1/2 teaspoon Mustard seeds • 1 teaspoon Ajwain (Carom seeds) • 1/4 teaspoon SSP Asafoetida (Hing) • 1 teaspoon Coriander Powder (Dhania) • 1 teaspoon Red Chilli powder • 1/2 teaspoon Turmeric powder (Haldi) • 1/2 teaspoon Amchur (Dry Mango Powder) • 1 teaspoon Jaggery • Salt - to taste • 1 teaspoon Sunflower Oil • 1/2 cup Gram flour (besan) • 2 tablespoons Kasuri Methi (Dried Fenugreek Leaves) • 1/2 teaspoon Turmeric powder (Haldi) • 1 teaspoon Sugar • 1/4 teaspoon SSP Asafoetida (Hing) • 1/2 teaspoon Enos fruit salt • 1 tablespoon Lemon juice • 1 tablespoon Sunflower Oil • Salt - to taste	4

Preparation

- Turn off the heat and release the pressure immediately to retain the bright green color of.

Macronutrients



Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	12	8	6

