

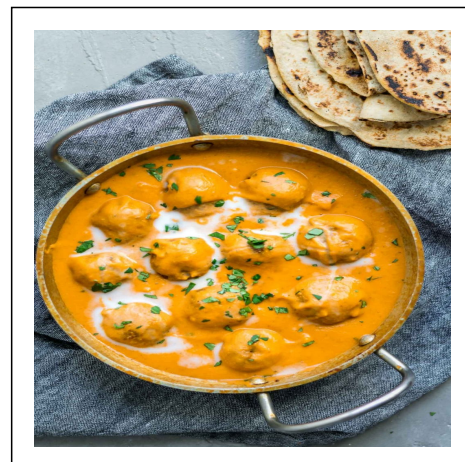
Recipe Name: Vegan Kofta Curry Recipe

Diet Type:

Course: Dinner

Cuisine: North Indian Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1/4 cup Carrot (Gajjar) - grated	5
• 1/4 cup Green zucchini - grated	
• 1/4 cup Cabbage (Patta Gobi/ Muttakose) - grated	
• 1/4 cup Bottle gourd (lauki) - grated	
• 1/4 cup Beetroot - grated	
• 1/4 cup Tofu - grated	
• 1 teaspoon Ginger Garlic Paste	
• 1 teaspoon Green Chilli Paste	
• 2 tablespoon Multigrain flour - or besan	
• 1/2 teaspoon Coriander Powder (Dhania)	
• 1/2 teaspoon Cumin powder (Jeera)	
• 2 teaspoon Rice flour	
• 1/4 teaspoon Asafoetida (hing)	
• 1/2 teaspoon Amchur (Dry Mango Powder) - optional	
• Salt - to taste	
• Sunflower Oil - for frying (as required)	
• 2 Onions - roughly chopped	
• 4 Tomatoes - blanched	
• 8 Cashew nuts - soaked in warm water for 30 minutes	
• 1 teaspoon Garam masala powder	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon Ginger Garlic Paste	
• 1/2 teaspoon Sugar	
• 1 tablespoon Sunflower Oil	
• Salt - to taste	
• Coriander (Dhania) Leaves - for garnish (as required)	



Preparation

- Mix and make lime sized balls of the mixture (adjust the amount of besan if required, so that the mixture is easy to handle)Heat.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
550	22	60	24	8	10

