

Recipe Name: No Onion No Garlic Spiced Apple Tomato Curry Recipe

Diet Type:

Course: Dinner

Cuisine: Kashmiri

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 2 apples - peel and chop	2
• 2 tomatoes - puree or grated	
• 1/2 teaspoon turmeric powder	
• 1/2 teaspoon coriander powder	
• 1/2 teaspoon red chili powder	
• 1 lentil sugar	
• 1 bay leaf - break	
• Salt - or kala namak (as per taste)	
• 2 sprigs of coriander - finely chopped	
• oil - as per use	

Preparation

- To make apple and tomato vegetable, first heat oil in a pan.
- Add bay leaves and lentils and cook for 10 seconds.
- After 10 seconds, add tomato puree and all the spices.
- Cook it for 10 minutes.
- After 10 minutes, add chopped apples to it and mix.
- Cook it for.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	20	8	25