

Recipe Name: Fulkopir Paturi Recipe
Diet Type:
Course: Lunch
Cuisine: Bengali Recipes
Quantity: 1 serving



Ingredients

Ingredient	Quantity
• 1 cup cabbage - grated	2
• 1/4 teaspoon turmeric powder	
• 1/4 teaspoon red chilli powder	
• 1/2 teaspoon cumin seeds	
• 1/4 teaspoon sugar	
• 1 teaspoon mustard oil	
• salt - according to taste	
• 1 teaspoon Rye - powder	
• 3/4 teaspoon poppy seeds - powder	
• 2 green chillies - chopped	
• 1/4 cup coconut - grated	
• 4 garlic - bud	
• 1/2 banana leaves - steamer To put in	
• 1/2 banana leaves - cook and cut on low flame	
• oil - to grease	
• Sunflower Oil - few drops for greasing	

Preparation

- To make Phoolkopir Paturi, first wash the cabbage thoroughly and soak in hot water for 2 to 3 minutes.
- Keep it aside.
- Now in a mixer grinder, add mustard seeds, poppy seeds, green chillies, coconut, garlic, some water and make a paste.
- Now in a bowl add c.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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250

10

30

12

5

3

