

Recipe Name: Peas and Peel Vegetables (Peas & Peel Stir Fry Recipe)
Diet Type: Vegetarian
Course: Side Dish
Cuisine: Indian
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 300 grams Green peas (Matar) - with pod	3
• 5 Spring Onion (Bulb & Greens) - chopped	
• 1/2 teaspoon Panch Phoran Masala	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Red Chilli powder	
• 2 Green Chillies - slit/finely chopped	
• Salt - as needed	
• 1 tablespoon Sunflower Oil	

Preparation

- To prepare Matar Aur Chilke Ka Sabzi (Peas & Peel Stir Fry Recipe), Wash the green pea pods.
- Take out the peas from the pods in a bowl and keep aside.
- Take half of the peels of peas.
- (discard the rest).
- Break the tip and the bottom of each pod peel and discard the long fibrous membrane in them.
- Chop each pea pod in the middle, to bite size.
- Heat the oil in a kadai and add panch phoron.
- Stir fry a bit.
- Stir again.
- Add in turmeric powder, chopped green chillies and salt.
- Remove from heat and serve Matar Aur Chilke Ka Sabzi (Peas & Peel Stir Fry Recipe) hot as a side-



dish with paratha or phulkas.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
150	5	30	2	8	4

