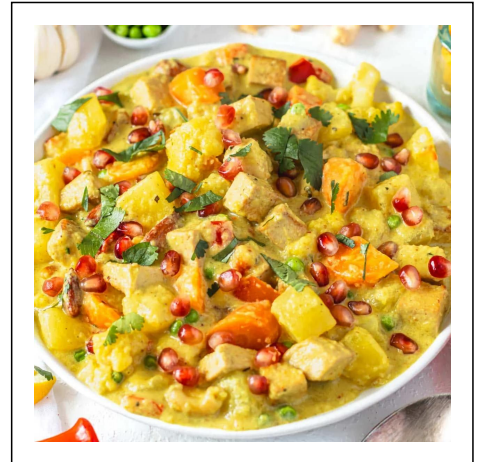


Recipe Name: Navratan Korma Recipe
Diet Type:
Course: Lunch
Cuisine: North Indian Recipes
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 5 Cashew nuts	4
• 5 Badam (Almond)	
• 1 tablespoon Melon seeds	
• 1 Onion - finely chopped	
• 1 Tomato - chopped	
• 1-1/2 cup Mixed vegetables - (potato	
• 1/2 tablespoon Ginger Garlic Paste	
• 3/4 cup Coconut milk	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Red Chilli powder	
• 1 teaspoon Coriander Powder (Dhania)	
• 1 teaspoon Garam masala powder	
• Salt - to taste	
• 2 tablespoons Ghee - or oil	
• 2-3 tablespoons Anardana Powder (Pomegranate Seed Powder) - Seeds	
• 1 tablespoon Cashew nuts	
• 1 tablespoon Raisins	
• 1 tablespoon Ghee	

Preparation

- To begin with Navratan Korma, soak cashew, almond and melon seeds in water for 30 minutes to prepare a paste.
- Drain the water completely.
- Keep it aside.
- Heat 2 tablespoons ghee or oil in a pan or a kadhai.



- Add chopped onions and saute a while.
- Next, add ginger-garlic paste and stir well.
- Add tomato and give a stir.
- Add turmeric powder, chilli powder and coriander powder and mix well everything.
- Add ground paste and 1/4 cup water.
- Cook it uncovered for 2 mins and add mixed vegetables and 1 cup water.
- Cook it covered on low-medium flame for 10-15 minutes.
- Add coconut milk, garam masala and salt to taste.
- Mix well everything and cook again for another 10 minutes.
- Meanwhile, roast cashew and raisin in ghee and add this to the korma.
- Garnish with pomegranate seeds and your dish is ready to be served.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
300	8	40	15	5	10