

Recipe Name: Star Trek Curry Recipe (Parsi Steel Vegetable Curry)

Diet Type: Vegetarian

Course: Lunch

Cuisine: Parsi Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 3 cups Mixed vegetables - chopped and steamed	4
• 2 Tomatoes - ripe and pureed	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1/4 teaspoon Coriander Powder (Dhania)	
• 1/2 teaspoon Red Chilli powder	
• 1/2 teaspoon Sugar	
• Salt - to taste	
• 1/2 cup Fresh coconut	
• 1 Onion - chopped	
• 2 Green Chillies	
• 1 Garlic	
• 1/2 inch Ginger	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 30 grams Tamarind	
• 2 teaspoons Sunflower Oil	
• 1 teaspoon Mustard seeds	
• 1 Dry Red Chilli - halved	

Preparation

- To begin making the Tarkari Ni Kari recipe, grind all the ingredients given under 'for the ground masala paste' to a smooth paste adding water and set it aside.
- Heat a wide pan with oil and temper with ingredients given under tempering.
- Add the steamed vegetables and the the ground masala paste and cook for another 5 to 7 minutes and switch off.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	8	40	10	6	5

