

Recipe Name: Parsi Style Lagan Sara Istew Recipe - Rich Sweet Assorted Vegetable Curry

Diet Type: Vegetarian

Course: Dinner

Cuisine: Parsi Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 Carrot (Gajjar) - peeled and diced	4
• 5 Baby Potatoes - quatered	
• 100 grams Elephant yam (Suran/Senai/Ratalu) - peeled and diced	
• 1/4 cup Green peas (Matar)	
• 1 tablespoon Raisins	
• 4 Dates - chopped	
• 1/4 cup Vinegar	
• 1 tablespoon Jaggery	
• 1 Onion - chopped	
• 1/4 cup Tomato - chopped	
• 2 cloves Garlic - finely chopped	
• 1 inch Ginger - finely chopped	
• 2 Green Chillies - chopped	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Red Chilli powder	
• 2 tablespoon Dhansak masala	
• Salt - to taste	
• Sunflower Oil - for cooking	

Preparation

- Set aside to release the pressure naturally.
- Keep it aside to rest.
- Let it cool, and blend into a smooth paste in a hand blender.



- Remove the vegetables and in the same oil add the ginger, garlic, and chillies.
- Add in the blended paste along with turmeric powder, red chilli powder, dhansak masala powder and add the soaked raisins and dates along with the vinegar and jaggery.
- Check for the seasoning.
- Cook it over low heat for about 10 minutes till the vegetables are well cooked.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	6	50	15	10	8

