

Recipe Name: Black Pepper Singhada Vegetable Recipe
Diet Type: Vegetarian
Course: Side Dish
Cuisine: North Indian Recipes
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 300 grams Singhade (water chestnut)	4
• 1 teaspoon Mustard seeds	
• 1 sprig Curry leaves	
• 1 teaspoon Black pepper powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 pinch Asafoetida (hing)	
• Salt - to taste	
• Sunflower Oil	

Preparation

- To begin making the Kali Mirch Singhare Ki Sabzi Recipe, pressure cook the water chestnuts along with their outer layer.
- Add about 1 cup of water and pressure cook for at least 4 whistle.
- Once done, peel the skin out and chop them into small pieces.
- Heat a kadai with oil, add mustard seeds and allow it crackle.
- Add in curry leaves, hing and let the curry leaves splutter for few seconds.
- Add cooked water chestnuts and sprinkle with pepper powder, turmeric powder, salt and stir fry for at least 5 minutes and switch it off.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
150	4	30	2	5	3