

Recipe Name: Mixed Vegetable Sagu Recipe - Karnataka Style Vegetable Kurma Recipe

Diet Type: Vegetarian

Course: South Indian Breakfast

Cuisine: Karnataka

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
	4

Preparation

- To begin making the Karnataka Style Mixed Vegetable Sagu Recipe, begin by chopping all the vegetables and keeping it ready.
- Place the cut vegetables into the pressure cooker except the green peas.
- Add 1/4 cup of water and pressure cook for 3 to 4 whistles.
- After 3 to 4 whistles, turn off the heat and allow the pressure to release naturally.
- Keep the cooked vegetables aside.
- We will now make the sagu masala.
- Blend to make a smooth paste of the sagu masala ingredients.
- Keep aside.
- Stir in the curry leaves and red chillies and saute for a few seconds.
- Add a cup or two of water, salt to taste and simmer the Mixed Vegetable Sagu for 5 to 6 minutes.
- Once done, turn off the heat and keep aside.



Macronutrients

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

