

Recipe Name: Makhane vegetable recipe
Diet Type: Vegetarian
Course: Lunch
Cuisine: North Indian Recipes
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 2 cups Phool Makhana (Lotus Seeds)	4
• 1/4 cup Green peas (Matar)	
• 1 teaspoon Ginger - grated	
• 2 + 1 Onion - chopped	
• 6 Cashew nuts	
• 1 tablespoon Poppy seeds	
• 1 tablespoon Pumpkin seeds	
• 1 Bay leaf (tej patta)	
• 1 Cardamom (Elaichi) Pods/Seeds	
• 1 inch Cinnamon Stick (Dalchini)	
• 2 Cloves (Laung)	
• 1 Green Chilli	
• 1 teaspoon Red Chilli flakes	
• 2 tablespoon Fresh cream	
• 1 tablespoon Ghee	
• Sunflower Oil - to cook	

Preparation

- To start making Makhana ki Sabzi Recipe, get all the ingredients handy.
- Pressure cook 2 onions, cashews, magaj and poppy seeds along with enough water.
- Blend it into a smooth paste in a mixer grinder and set aside.
- In a pan heat the ghee and add Makhana to it.
- On a medium flame roast the Makhana till they crisp up completely.
- When you eat them it should be crunchy till the centre and should not be chewy.
- Set aside.
- Heat oil in a pan.



- Add bay leaf, cinnamon, cloves, cardamom and saute it till they give out a nice aroma.
- Add green chilli and 1 chopped onion and saute till the onion turns light goldAdd fresh green peas and saute for a minute.
- Add the ground paste, red chilli flakes and saute for a minute.
- Add 2 cups of water, grated ginger and let it boil for a couple of minutes.
- Add roasted Makhana to this and let it soak up the liquid and get soft.
- You will see that the Makhana shrinks in size.
- Turn off heat.
- Serve Makhana ki Sabzi with hot with roti, whole wheat naan, butter naan or phulkas to make a filling lunch or dinner.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
200	6	30	8	5	4

