

Recipe Name: Achari Gobi Shimla Mirch Ki Sabzi Recipe
- Capsicum And Cauliflower Sabzi

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 Cauliflower (gobi) - cut into florets	3
• 2 Green Bell Pepper (Capsicum) - diced	
• 3 Tomatoes	
• 1 Onion - finely chopped	
• 1 teaspoon Coriander Powder (Dhania)	
• 1 teaspoon Cumin powder (Jeera)	
• 1 tablespoon Garlic - paste	
• 1 tablespoon Sunflower Oil - use the pickle oil for more flavour	
• 2 teaspoons Mustard seeds	
• 3/4 teaspoon Methi Seeds (Fenugreek Seeds)	
• 2 tablespoons Lemon juice	
• Salt - to taste	
• 2 teaspoons Red Chilli powder - adjustable	

Preparation

- To begin making the Achari Gobi Shimla Mirch Ki Sabzi recipe, cut the cauliflower into bite size florets.
- Dry roast mustard seeds and fenugreek seeds separately in a small pan for about a minute each.
- Add it into a mixer grinder jar, grind into smooth powder and keep aside.
- The achari masala for Gobi Shimla Mirch Ki Sabzi is ready.
- Add tomatoes and required water in a saucepan and boil tomatoes until the skin comes out.
- Remove skin, cool tomatoes and grind into smooth puree using a mixer grinder jar.
- In a heavy bottomed pan, heat oil.
- Once the oil is hot, add the finely chopped onions and cook till the onions become soft and translucent.



- Once the onions are soft, add the ginger paste and let it cook for about 2 minutes.
 - Next, add capsicum and fry until the capsicum becomes soft.
 - Add cauliflower florets, salt, mix well and cook closed until cauliflower is 80% done.
 - Now, add in tomato puree and mix well.
 - Cook for about 3 to 4 minutes.
 - Then, add dry spice powders including coriander powder, cumin powder, red chilli powder, prepared mustard and methi seeds powder and give it a quick mix.
 - If the gravy is too thick, add 5 tablespoons of water.
 - Cover the pan with a lid and let it cook for about 6 to 8 minutes.
-
- You can also pack this sabzi in a lunch box.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
150	4	20	7	5	4

dietcloud