

Recipe Name: Besan Arbi Roast Recipe - Spicy Colocasia Stir Fry

Diet Type:

Course: World Breakfast

Cuisine: Indian

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 250 grams Colocasia root (Arbi)	4
• 2 tablespoon Gram flour (besan)	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Coriander Powder (Dhania)	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Amchur (Dry Mango Powder)	
• 3/4 teaspoon Cumin powder (Jeera)	
• Salt - to taste	
• 1/4 teaspoon Asafoetida (hing)	
• 3 tablespoons Sunflower Oil	
• 1 teaspoon Sunflower Oil	
• 1/2 teaspoon Ajwain (Carom seeds)	
• 1/4 teaspoon Cumin seeds (Jeera)	
• 1 Green Chilli - finely chopped	
• 2 teaspoons Lemon juice	
• 1 sprig Coriander (Dhania) Leaves - chopped	

Preparation

- To begin making the Besan Arbi Roast Recipe, scrub the arbi to get rid of mud and dirt.
- Pressure cook the arbi with little water and a pinch of salt for 1 whistle (do not over cook).
- After the first whistle, turn off the heat.
- Once the pressure releases, open the cooker.
- In a wide plate mix besan, red chili powder, coriander powder, salt, turmeric powder, amchur powder, roasted cumin powder.



- Drain the roasted arbi on kitchen towel and place it in a serving platter.
- In another pan add 1 teaspoon of oil.
- Add cumin seeds, carom seeds and finely chopped green chilies and saute for 10 seconds.
- Add this to the Besan Arbi and toss gently.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	22	60	10	8	6

