

Recipe Name: Gavarfali Ki Sukhi Sabzi (Recipe In Hindi)
Diet Type:
Course: Lunch
Cuisine: Rajasthani
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 onion - finely chopped	4
• 1-1 / 2 cup gwar pods - cut into small pieces	
• 1/2 teaspoon cumin seeds	
• 1/2 teaspoon garlic - tightly	
• oil - as per use	
• 1/2 teaspoon turmeric powder	
• 1 teaspoon coriander powder	
• 1/2 teaspoon cumin powder	
• 1 teaspoon red chili powder	
• salt - as per use	

Preparation

- To make Gavarfali dry vegetable, first heat oil in a pan.
- Add cumin seeds and let it cook for 10 seconds.
- Now add garlic and cook for 1 minute.
- After 1 minute add onion and cook till the onion becomes soft.
- Now add Gwarfali and 1/2 cup of water.
- After half cooking, add coriander powder, red chili powder, cumin powder and salt.
- Mix and cook until the Gwarfali is cooked well.
- Serve Gavarfali Dry Vegetables along with Rabodi and Phulka for dinner.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
150	5	30	3	7	2