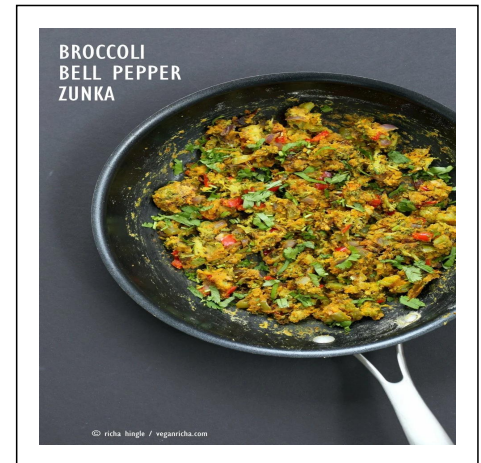


Recipe Name: Broccoli & Bell Pepper Zunka Recipe
Diet Type:
Course: North Indian Breakfast
Cuisine: Maharashtrian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 1 teaspoon Cumin seeds (Jeera)	4
• 1 teaspoon Turmeric powder (Haldi)	
• 1/4 teaspoon Asafoetida (hing)	
• 1/2 teaspoon Red Chilli powder	
• 1/4 cup Gram flour (besan)	
• 1/2 cup Water	
• 1 cup Broccoli - finely chopped	
• 1/2 cup Cabbage (Patta Gobi/ Muttaikose) - finely chopped	
• 1/2 Red Bell pepper (Capsicum) - finely chopped	
• 1/2 Green Bell Pepper (Capsicum) - finely chopped	
• 1 tablespoon Sunflower Oil	

Preparation

- We begin making Broccoli & Bell Pepper Zunka Recipe by prepping all the ingredients and keeping it ready.
- Make sure that the cabbage is chopped small and finely.
- Once the oil is hot, add cumin seeds, asafoetida and let it crackle.
- Since the vegetables are chopped finely, the vegetables should take about 7 minutes to cook completely.
- Add it to the vegetables that are being cooked in the pan.
- Mix well and cook till it is cooked.
- Check for seasoning and saute well.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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