

**Recipe Name:** Baby Corn Carrot Sabzi Recipe  
**Diet Type:**  
**Course:** Side Dish  
**Cuisine:** North Indian Recipes  
**Quantity:**



## Ingredients

| Ingredient                                        | Quantity |
|---------------------------------------------------|----------|
| • 1 cup Baby corn - sliced                        | 4        |
| • 2 Carrot (Gajjar) - cut into medium sized cubes |          |
| • 1 Green Chilli - chopped                        |          |
| • 1 teaspoon Fennel seeds (Saunf)                 |          |
| • 1 teaspoon Red Chilli powder                    |          |
| • 1 teaspoon Coriander Powder (Dhania)            |          |
| • 1 teaspoon Amchur (Dry Mango Powder)            |          |
| • 1 teaspoon Jaggery                              |          |
| • 1/4 teaspoon Turmeric powder (Haldi)            |          |
| • Salt - to taste                                 |          |
| • 3 tablespoons Fresh coconut - grated            |          |
| • 1 sprig Coriander (Dhania) Leaves - chopped     |          |
| • Sunflower Oil                                   |          |

## Preparation

- To begin making the Baby Corn Carrot Sabzi Recipe, we will first pressure cook the vegetables with water and salt for about 1 whistle till it is done.
- Allow the pressure to release naturally, drain excess water if there is any.
- Heat a saucepan with oil, add fennel seeds allow it to crackle, reduce the heat and add green chilli and saute till it softens.
- Add cooked vegetables and saute for 2 minutes.
- Add all the spice powders including red chilli powder, coriander powder, amchur powder, turmeric powder, salt along with jaggery and give a stir.
- Once the masalas are coated well, add grated coconut and check for seasonings.
- Finally add coriander leaves and serve hot.



## Macronutrients

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

