

Recipe Name: Drumstick Leaves Sabzi With Crushed Peanuts Recipe

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Drumstick Leaves (Moringa/Murungai Keerai)	2
• 2 tablespoon Fresh coconut - grated	
• 1 Onion - chopped	
• 2 cloves Garlic - finely chopped	
• 1/4 teaspoon Cumin seeds (Jeera)	
• 1/4 teaspoon Mustard seeds	
• 1/4 teaspoon Red Chilli powder	
• 1 teaspoon Sunflower Oil	
• 2 teaspoons Roasted Peanuts (Moongphali)	
• 1/4 cup Water	
• Salt - to taste	
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Preparation

- To begin making Drumstick Leaves Sabzi With Crushed Peanuts Recipe, first wash the drumstick leaves and drain the water and pat the leaves dry with a kitchen towel.
- Once the oil is hot add mustard seeds and cumin seeds and let it crackle on medium heat.
- Add in the drumstick leaves, chilli powder and stir the sabzi well.
- When the leaves have shrunk, it means that the leaves are cooked Turn off the flame and add in fresh grated coconut and stir well until combined.
- Finally add the crushed peanuts as garnish and serve.



Macronutrients

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