

Recipe Name: Oil Free Gujarati Undhiyu Recipe - No Onion No Garlic

Diet Type:

Course: Side Dish

Cuisine: Gujarati Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Gram flour (besan) - or handwa flour mix • 1/2 cup Methi Leaves (Fenugreek Leaves) - chopped • 1 tablespoon Red Chilli powder • 1 teaspoon Turmeric powder (Haldi) • 1/2 teaspoon Asafoetida (hing) • 1 teaspoon Sugar • 1 pinch Cooking soda • 1-1/2 cups Coriander (Dhania) Leaves - chopped • 2 teaspoons Green Chillies - finely chopped • 2 tablespoons Dessicated Coconut • 3 teaspoons Red Chilli powder • 1-1/2 teaspoons Turmeric powder (Haldi) • 4 teaspoons Coriander Powder (Dhania) • 2 teaspoons Garam masala powder • Salt - to taste • 2 teaspoons Sugar - (optional) • 1 cup Avarekalu / Lilva Beans - stringed • 1 cup Tindora (Dondakaya/ Kovakkai) - sliced • 1 cup Raw Banana - chopped • 1/2 cup Green peas (Matar) • 1/2 cup Cabbage (Patta Gobi/ Muttakose) - shredded • 1/2 cup Purple cabbage - shredded • 3 Brinjal (Baingan / Eggplant) - make 4 slits • Coriander (Dhania) Leaves - few	3

Preparation



- Once the dough ahs come together, form small round dumpling of the size of muthiyas.
- Keep aside.
- Similarly, rub the same masala on to other vegetables except cabbage.
- Keep the veggies to marinate in the masala for 30 minutes.
- In a pressure cooker, add all the veggies - lilva, tindora, raw banana, and the green peas with a glass (240ml) of water and salt to taste.
- Pressure cook for 2 whistles and turn off the flame.
- Allow the pressure to release naturally.
- You can steam it as well.
- Adjust water only if required.
- Add in the steamed muthia and eggplants and give a quick and careful mix.
- Garnish it with coriander leaves.

Macronutrients

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