

Recipe Name: Kadai Broccoli Masala Recipe - Broccoli Cooked With Indian Spices

Diet Type: Vegetarian

Course: Main Course

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Broccoli - cut into little florets	2
• 1 Red Bell pepper (Capsicum) - diced	
• 1 Onion - roughly chopped	
• 2 Tomatoes - pureed	
• 1 inch Ginger - finely chopped	
• 4 cloves Garlic - finely chopped	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Garam masala powder	
• 1 Black cardamom (Badi Elaichi)	
• 1/4 Water	
• Salt - to taste	
• 2 tablespoons Sunflower Oil	
• 1 tablespoon Kasuri Methi (Dried Fenugreek Leaves)	
• 1 tablespoon Coriander (Dhania) Seeds	
• 1 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Fennel seeds (Saunf)	

Preparation

- Add salt, and mix well.
- Cover and cook, until it is al dente.
- (70% cooked) Do not over cook.
- The broccoli florets have to be cook yet remain crunchy.
- Keep aside.
- Do not drain the water, if any left.



- Transfer into a mixer jar and grind into a coarse powder in a mixer grinder and keep aside.
- Add remaining oil to a heavy bottomed pan on medium heat.
- Once the oil is hot, add onions, ginger and garlic and saute until they turn soft and transparent.
- This will take about 3-4 minutes.
- Next, add tomatoes and bai elaichi and mix well.
- Cook for about 3 to 4 minutes until the tomato becomes thick.
- At this stage, add the prepared kadai masala powder, garam masala, red chilli powder and mix everything well.
- Check the salt and spices and adjust to suit your taste.

Macronutrients

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