

Recipe Name: Aam Ki Launji Recipe

Diet Type:

Course: Side Dish

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 500 gms Mango - 10	10
• 1/4 cup Oil	
• 1/2 cup Water	
• 1/2 cup Sugar	
• 1/2 cup Salt	
• 1/2 cup Black Salt	
• 1/2 cup Red Miraa Powder	
• 1/2 cup Garam Masala	
• 1/2 cup Asafoetida	
• 1/2 cup Turmeric Powder	
• 1/2 cup Fennel Seeds	
• 1/2 cup Cumin Seeds	
• 1/2 cup Fenugreek Seeds	

Preparation

- To make Mango Launji recipe, first wash and clean the mango.
- Now cut them into wedges and keep them separately.
- Now heat oil in a pan.
- Add cumin seeds, fenugreek seeds, fennel seeds and let it crackle.
- Now add asafoetida, turmeric powder, mangoes and mix well.
- After 1 minute, add 3/4 cup water, salt, black salt, red miraa powder and mix well.
- Cover the pan and let the mango cook for 10 minutes.
- Open the pan after 10 minutes, add good, garam masala and mix well.
- Cook until thick and turn off the gas.
- Allow to cool and pour in a glass bottle and store.
- Serve the Mango Launji recipe with potato onion vegetable and celery poori for dinner.



Macronutrients

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

