

Recipe Name: Kashmiri Monj Haakh Recipe - Knol Khol Flavored With Asafoetida

Diet Type:

Course: Lunch

Cuisine: Kashmiri

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 kg Knol Khol (Ganth Gobi/kadam)	6
• 2 Stalks Knol khol Leaves (Ganth Gobi leaves)	
• 2 pinch Asafoetida (hing)	
• 2 Dry Red Chillies	
• 1 pinch Baking soda	
• 1 teaspoon Kashmiri masala powder	
• 2-3 tablespoon Mustard oil	
• Salt - to taste	

Preparation

- To prepare Kashmiri Monj Haakh Recipe, wash and peel the Ganth Gobhi/ knol khol (bulb) and cut into fine slices.
- Chop the green leafs into two halves.
- Wash nicely to remove dirt and collect in a colander and keep aside.
- In a broad base Pan, heat oil, and add asafoetida.
- Now add the chopped Knol Khol and the Knol Khol leaves along with dry red chilies and salt.
- Saute for a while and now add the Kashmiri spice mix/garam masala and stir.
- Add water and baking soda.
- Stir and close the lid.
- Let the vegetable cook in low flame till soft and tender.

Macronutrients

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