

Recipe Name: Saragva Nu Shaak Recipe-Drumstick Masala Sabzi

Diet Type:

Course: Lunch

Cuisine: Gujarati Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 4 Drumstick - cut into 1-1/2 inch size pieces	4
• 1 teaspoon Kalonji (Onion Nigella Seeds)	
• 1 inch Ginger - finely chopped	
• 1 sprig Curry leaves - roughly torn	
• 2 Bay leaves (tej patta) - roughly torn	
• 1 inch Cinnamon Stick (Dalchini) - broken	
• 3 Tomatoes - finely chopped	
• 1/2 teaspoon Turmeric powder (Haldi)	
• Red Chilli powder - to taste	
• 1 teaspoon Coriander Powder (Dhania)	
• 1/2 teaspoon Cumin powder (Jeera)	
• 1 tablespoon Jaggery	
• Salt - to taste	
• 6 sprig Coriander (Dhania) Leaves - finely chopped	
• 1 teaspoon Sunflower Oil	

Preparation

- Heat the oil in a pressure cooker over medium heat; add the kalonji seeds, ginger curry leaves, bay leaves and cinnamon stick.
- Add the drumstick and 1/4 cup of water and cover the pressure cooker.



Macronutrients

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