

Recipe Name: Spicy Mixed Vegetable Lollipop Recipe
Diet Type: Vegetarian
Course: Snack
Cuisine: Continental
Quantity:



Ingredients

Ingredient	Quantity
• 4 Potatoes (Aloo) - boiled	4
• 1 Carrot (Gajjar) - grated	
• 1 cup Cabbage (Patta Gobi/ Muttakose) - finely chopped	
• 1 Onion - finely chopped	
• 1/2 teaspoon Red Chilli powder	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Coriander Powder (Dhania)	
• 1 teaspoon Garam masala powder	
• Salt - to taste	
• Sunflower Oil - for cooking	

Preparation

- To begin making the Spicy Mixed Vegetable Lollipop Recipe add oil into a pre heated pan and add onions.
- Saute the onions till they turn translucent and once done add the carrot and cabbage.
- Saute the vegetables for 2 to three minutes till they get cooked.
- Once the vegetables are cooked, add all the spice powders like the red chili powder, turmeric powder, coriander powder and the garam masala and mix well to combine.
- Season it with salt and pepper.
- Cover and cook it for 2 more minutes.
- Turn off the heat.
- Divide the mixture into lemon sized balls.



- Insert a tooth pick into each ball and place on a serving platter and serve.

Macronutrients

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