

Recipe Name: Jhinga Gavar Recipe - Shrimps & Cluster Beans Vegetable

Diet Type: Vegetarian

Course: Side Dish

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Gawar Phali (Kothavarangai / Cluster beans) - bite sized	5
• 300 grams Shrimps	
• 1 Onion - chopped	
• 2 Tomatoes - chopped	
• 3 Green Chillies - slit	
• 1 tablespoon Sunflower Oil	
• 1 teaspoon Cumin powder (Jeera)	
• 1 tablespoon Ginger Garlic Paste	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon Red Chilli powder	
• 1 Lemon - juiced	

Preparation

- To begin making Jhinga Gavar Recipe -Shrimps & Cluster Beans Sabzi, prep with all the ingredients first and cut the gavar to bite sized.
- Heat oil in a kadai and add cumin seeds and let it crackle.
- Once they crackle, add slit green chillies and finely sliced onions.
- Saute them till they are translucent.
- Then add ginger garlic paste and saute for a few seconds.
- Once the ginger garlic is cooked, add the chopped tomatoes and cook till the tomatoes are mushy.
- Once done, add the cumin powder, and the gavar.
- Saute for half a minute and add about half a cup of water and cover the pan to cook in medium heat.
- Check after 10 minutes and saute in between if required.
- Once the gavar phali is almost cooked, add the shrimps into the sabzi and cook further till done.



Macronutrients

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