DietCloud – Recipe

Recipe Name: Tawa Mushroom Recipe
Diet Type: Vegetarian
Course: Lunch
Cuisine: North Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Button mushrooms	4
• 1 Onion - finely chopped	
• 1 Tomato - finely chopped	
• 1 inch Ginger - chopped	
• 4 cloves Garlic - chopped	
• 1 Green Chilli - slit	
• 1 teaspoon Red Chilli powder	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 2 teaspoons Coriander Powder (Dhania)	
• 1 teaspoon Cumin powder (Jeera)	
• 1 teaspoon Garam masala powder	
• 1 teaspoon Pav bhaji masala	
• 1 teaspoon Amchur (Dry Mango Powder)	
• Salt - to taste	
• Sunflower Oil	
• 3 sprig Coriander (Dhania) Leaves - chopped	

Preparation

• To begin making the Tawa Mushroom Recipe, heat a kadai with oil.
• Add ginger and garlic, allow it to soften.
• Once done, add chopped onions and cook till they turn translucent.
• Add chopped tomatoes and sprinkle with little salt so that the tomatoes become mushy and soft.
• At this point you can add all the spice powders including red chilli powder, turmeric powder, coriander powder, cumin powder, and saute well.
• Add chopped mushrooms and cook until the water is all evaporated.
• Check for salt and add if required.

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- Cook until the mixture becomes semi dry.
- At the end add chopped coriander leaves and mix well.

Macronutrients

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