DietCloud – Recipe

Recipe Name: Gram flour and Chilli vegetable recipe

Diet Type: Vegetarian

Course: Lunch

Cuisine: Rajasthani

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Gram flour (besan) • 10 Green Chillies • Sunflower Oil - as required • 1/2 teaspoon Asafoetida (hing) • Water - as required • 1/2 teaspoon Red Chilli powder • 1/4 teaspoon Turmeric powder (Haldi) • 1 teaspoon Lemon juice • Salt - as required • Coriander (Dhania) Leaves - as required	4

Preparation

• To begin making the Besan Aur Mirch Ki Sabzirecipe, firstly take out the seeds from the chillies, slit it from between and cut it in to half.
• Heat oil in a wok/kadai and add the asafoetida.
• After 5 to 10 seconds, add the green chillies and cook it till it becomes soft.
• Meanwhile, take a bowl and add besan, required water, red chilli powder, turmeric powder, salt and lemon juice.
• Mix it well.
• Once the green chillies are cooked, add in this mixture and cook till the besan is cooked well.
• Once it is done, take it out and garnish with fresh coriander leaves.

Macronutrients

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