

Recipe

Sarson ka saag

By

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Ingredients

Mustard greens – 100 gms
Shepu (Suvani Bhaji)– 25 gms
Spinach – 50 gms
Ghee – 2 Tbsp
Cummin seeds (Jeera) – 1 Tsp
Green chilli – 2 no

Tomatoes – 2 nos.
Ginger – Small Piece
Cloves – 1-2 no
Cardamon – 1-2 no
Cinnamon (Dlachini)- 1 stick
Butter – 2 Tbsp
Salt – To Taste

Preparation

1. Blanch all the vegetables, cool and make a fine paste out of it.
2. Make a fine powder of cloves, cardamom and cinnamon.
3. Finely chop the tomatoes and make a puree out of it.
4. Heat ghee in pan, add cumin seeds, ginger, green chillies, now add the tomato puree and allow it to cook.
5. Once the tomato puree is properly cooked, add the blanched vegetable paste and allow it to cook.
6. Now add the clove, cardamom and cinnamon power, and salt.
7. Serve hot garnished with butter, and accompanied with Maize Chapatti (Makkai ki roti)

Nutritional facts

Serving	Energy (kcal)	Carbohydrate (gm)	Protein (gm)	Fat (gm)
1	650	13	2	66

Note: This is atypical Punjabi delicacy, relished in winter season.

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Hare Rama Hare Rama Rama Rama Hare Hare**