

Recipe

VEG KURMA

By

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Ingredients

Paneer – 10gm

French Beans – 25gm

Carrot – 10gm

Cauliflower – 10gm

Tomatoes – 25gm

Green Peas - 10 gm

Green chili – 1 no

Ginger – 1 small piece

Mustard seeds – ½ Tsp

Cumin seeds – ½ Tsp

Dhania Jeera Powder (Coriander and cumin seeds powder) – 1 Tsp

Turmeric – ½ Tsp

Curry leaves -Few

Red Chilly powder – ½ sp

Asafetida (Hing) – A Pinch

Salt- To Taste

Oil – 1 Tsp

For Garnishing:

Finely Chopped Coriander leaves

Grated paneer

Preparation

1. Boil french beans, carrot, green peas and cauliflower.
2. Heat oil in vessel.
3. Add cumin seeds, mustard seeds, curry leaves, ginger, green chilli, turmeric and a pinch of asafoetida.
4. Add chopped tomatoes and allow it to cook for few minutes.
5. Now add the boil vegetables and cook.
6. Once the vegetables are cooked properly, add paneer piece to it.
7. Spice it up by adding red chili powder and dhania jeera powder.
8. Add salt as per taste and garnish with coriander leaves and grated paneer.

Nutritional facts

NAME	Serving	Energy (kcal)	CHOs (gm)	Protein (gm)	Fat (gm)
VEG KURMA	1	97	4.8	3.3	7.5

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Hare Rama Hare Rama Rama Rama Hare Hare**