

Pav Bhaji

by Bhaktivedanta Hospital - Diet Dept.



"Krishna is very kind.
Therefore, He has given us
his remnants of food stuff"

HARE KRISHNA HARE KRISHNA HARE RAMA HARE RAMA HARE RAMA HARE RAMA HARE HARE

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- Ingredients :**
- Tomatoes.....2-3 medium
 - Potatoes.....2 medium
 - Cauliflower.....10 florets
 - Capsicum.....1 no
 - Cabbage.....50 gm
 - Green Peas.....½ Cup
 - Carrot.....10gm
 - Jeera.....1/4 Tsp
 - Red Chilli paste.....1 Tsp

- Pav Bhaji Masala.....2 Tsp
- Ginger.....Small piece
- Oil.....1 Tsp
- Haldi.....¼ tsp
- Salt.....To taste
- For garnishing:**
- Butter.....½ Tsp
- Lemon
- Coriander leaves

- Preparation :**
1. Finely chop all the vegetables
 2. Boil and mash the potatoes
 3. Heat oil in a pan and add jeera, grated ginger
 4. To this add finely chopped cabbage and capsicum. Allow it to cook for some time till soft
 5. Add red chilli paste, tomato puree, mashed potatoes and cauliflower and allow it to cook for few minutes.
 6. Add pav bhaji masala. Mix properly
 7. With a masher mash all the vegetables properly.
Add butter on top, garnish with finely chopped coriander leaves and lemon.

Serving	Energy (kcal)	Carbohydrate (gm)	Protein (gm)	Fat (gm)
1	172	13	1.5	8

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