

## **KADHAI SUBZ**

<b>Ingredient</b>	<b>Quantity</b>	<b>Unit</b>
Florets of cauliflower	100	Grams
Sliced Beans	100	Grams
Diced carrots	100	Grams
Diced boiled potato	100	Grams
Chopped Garlic	50	Grams
Diced Onion	40	Grams
Crushed coriander seeds	10	Grams
Yoghurt	100	Grams
Turmeric	5	Gram
Degi Chilli Powder	30	Grams
Coriander powder	20	Grams
Chopped Coriander Leaves	For	Garnishing
Salt	To	Taste
Diced Green Capsicum	40	Grams
Diced Tomato	40	Grams
Dry Red Chillies	2	Grams
Tomato Puree	100	ML

### **Method:**

1. In a deep bottomed pan and fill with water.
2. Once the water starts to boil, add the vegetables and blanch them.
3. In a pan, add the oil and heat it.
4. Add the crushed coriander seeds and dry red chillies and wait for the coriander to crackle.
5. Add the garlic and sauté till brown.
6. Add the chili powder, turmeric and coriander powder and mix.
7. Add the diced tomato, onion and capsicum and sauté.
8. Add the yogurt and tomato puree.
9. Cook it on a slow flame and tomato puree is fully cooked.
10. Add all the vegetables and cook for about 3 mins.
11. Season with salt.
12. Garnish with chopped coriander leaves and serve hot.