



Sauté Carrot with seeds \$

Serving: 1

Veg

Ingredients

- Carrot - 2 medium size cut it in to a slice
- Neigella seeds - 2 tsp (kalonji seeds)
- Fenugreek seeds - 2tsp
- Mustered seeds - 2 tsp
- Asafoetida - 1/4 tsp
- Black pepper to taste - optional
- Turmeric - 1/2 tsp
- Mustered seeds oil - 1/2 tsp
- Salt to taste

Preparation Method

- Put Mustered oil in a pan , add carrot with seeds , saute for few minutes .
- Add hing , black pepper , salt to taste , turmeric, mix it well.
- Serve it.