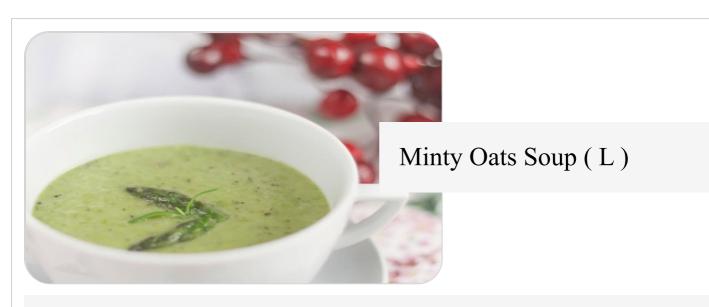
Veg



C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Ingredients

- ¹/₄ cup Finely chopped / grated carrot
- 1 tsp oil

Serving: 1

- 2 tbsp Finely Chopped Mint Leaves
- 3-4tbsp finely chopped cabbage
- 2 tsp finely chopped Garlic (lehsun)
- 2 cup basic vegetable stock
- $\frac{1}{2}$ tsp finely chopped ginger (adrak)
- 1tbsp quick cooking rolled Oats
- 2 tsp finely Chopped green chillies
- 2 tsp lemon juice
- Salt and freshly ground black pepper (kalimirch) to taste

Preparation Method

Heat the oil, add ginger,garlic and Green chill saute on a
medium flame for a few seconds. Add carrot and
Cabbage and saute on a Medium Flame for 2 Minutes
Add the Oats and saute on a high flame for 1 to 2 minutes.
Add vegetable stock well and boil. Add the salt, pepper,
mint leaves and lemon juice, Mix well and cook on a
medium flame for 1 min. Serve immediately.