



Baked veggies with green sauce (OP I)

Serving: 1

Veg

Ingredients

- For green sauce :
- 1/4 cup chopped spinach
- 1 tsp butter
- 1 tsp jowar flour
- 1/4 cup milk
- Salt and pepper to taste
- 1 and 1/2 cup chopped mix boiled veggies
- Red chilli powder to taste

Preparation Method

- Pour little of water in a kadhai, allow it to boil. Add the spinach and sauté on a high flame for 1½ minutes or till the spinach is soft.
- Remove from the flame, allow it to cool and blend in a mixer to a smooth purée. Keep aside.
- Heat the butter in a broad non-stick pan, add the jowar flour and sauté on a medium flame for 1 to 2 minutes, while stirring continuously.
- Add the milk, mix well and cook on a medium flame for 1 to 2 minutes, while stirring continuously.
- Add the salt, mix well and cook on a medium flame for 1 to 2 minutes, while stirring continuously.
- Add the spinach purée, mix well and cook on a medium flame for 1 minute, while stirring continuously.
- Switch off the flame, add the pepper powder and mix well.
- Combine the prepared spinach sauce, boiled vegetables, salt, pepper .chilli mix well and cook on a medium flame for 1 to 2 minutes, while stirring occasionally.
- Pour in a baking dish and bake in a pre-heated oven at 180 °c (360 °f) for 5-8 minutes