

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



Serving: 1 Veg

## Ingredients

- -3- Capsicum medium, approximately similar sized
- -4 tbsp cheese, fine grated
- -1 tbsp Ginger
- -1 tsp Garlic
- -1/4 cup palak chopped
- -1 tsp- Green chillies
- -1 tsp deghi mirch powder
- Salt as per taste
- -1 tsp Garam Masala

## Preparation Method

- -Heat a little oil, add finely chopped pieces of garlic and fry for 30 sec.
- -Then put finely crushed ginger, green chilli in frying pan and keep for 1 minutes on low fire, and put palak leaves in this.
- -Also put garam masala/deghi mirchi and salt in the pan.
- -Finally put grated cheese and fry for 2 minutes. Now the stuffing is ready.
- -Remove the seed from the capsicum after making a small incision on the top.
- -Fill the mixture and fry on low fire for 4-6 minutes and the dish is ready.
- Serve with on cabbage leaf