



Tomato ki Kadhi

Serving: 1

Veg

Ingredients

- -1 cups roughly chopped tomatoes
- - $\frac{1}{2}$ tsp mustard seeds (rai)
- - $\frac{1}{2}$ tsp cumin seeds (jeera)
- - $\frac{1}{2}$ tsp finely chopped green chillies
- -5 to 6 curry leaves (kadi patta)
- -Half cinnamon (dalchini) sticks
- -1 cloves (laung)
- -1tsp besan (bengal gram flour)
- - $\frac{1}{4}$ tsp turmeric powder (haldi)
- -Half tsp chilli powder
- -a pinch of asafoetida (hing)
- -1 tsp grated jaggery
- -Half tsp oil
- -salt to taste

Preparation Method

- -Combine the tomatoes and $\frac{1}{2}$ cup of water in a deep non-stick pan, mix well and cook on a medium flame for 5 to 7 minutes, while stirring occasionally.
- -Allow it to cool and blend in a mixer to a smooth purée. Keep aside.
- -Heat the oil in a non-stick pan and add the mustard seeds and cumin seeds.
- -When the seeds crackle, add the green chilli, curry leaves, cinnamon, cloves and besan, mix well and saute on a medium flame for 2 to 2 minutes.
- -Add the turmeric powder, chilli powder, asafoetida and tomato purée along with $1\frac{1}{2}$ cups of water and bring to a boil, while stirring once in between.
- -Add the jaggery and salt, mix well and cook on a medium flame for 2 minutes.
- -Serve hot garnished with a sprig of coriander.