



Broccoli Tamatar Sabji (LV)

Serving: 1

Veg

Ingredients

- -Broccoli - 1 cup (small florets)
- -Tomatoes - 2 (roughly chopped)
- -Turmeric Powder - $\frac{1}{4}$ tsp
- -Red Chili Powder - 1 tsp
- -Cumin Powder - $\frac{1}{4}$ tsp
- -Asafoetida (Hing) - a Pinch
- -Salt - To Taste
- -For Seasoning
- -Oil - 1 tsp
- -Mustard seeds - $\frac{1}{4}$ tsp
- -Cumin (or Fennel) seeds - $\frac{1}{2}$ tsp

Preparation Method

- -Wash the broccoli and chop it into small florets. You can use the stem of the broccoli spear also after peeling it.
- -Heat oil in the pan and add mustard seeds. When it begins to sputter, add the fennel seeds.
- -Add the chopped tomatoes along with salt and pinch of turmeric.
- -Stir fry the tomatoes in medium flame for 2 minutes.
- -When the tomatoes are partially cooked, add the broccoli florets. Stir fry in medium flame for 5 minutes till the broccoli turns dark green.
- -Now add the red chili powder, cumin powder and asafoetida. Reduce the heat and cook for another 2-3 minutes.