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Serving: 1 Veg

Ingredients

- Carrot 2 medium size cut it in to a slice
- Neigella seeds 2 tsp (kalonji seeds)
- Fenugreek seeds 2tsp
- Mustered seeds 2 tsp
- Asafoetida 1/4 tsp
- Black pepper to taste optional
- Turmeric 1/2 tsp
- Mustered seeds oil 1/2 tsp
- Salt to taste

Preparation Method

- Put Mustered oil in a pan , add carrot with seeds , saute for few minutes .
- Add hing, black pepper, salt to taste, turmeric, mix it well.
- Serve it.