



Vegetable Koftas Curry (HV)

Serving: 1

Veg

Ingredients

- 1 tsp carrot
- 1 tsp beetroot
- 1 tsp radish (mooli)
- 1/2 tsp turnip
- 1 tbsp bottle gourd (doodhi / lauki)
- 1 tbsp besan (bengal gram flour)
- 1 tsp chilli powder
- coriander-cumin seeds (dhania-jeera) powder
- 1 tbsp oil
- 1/2 tsp onion paste
- 1 cup tomato puree
- 1 tsp ginger-garlic (adrak-lehsun) paste
- coriander-cumin seeds (dhania-jeera) powder
- chilli powder
- 1/2 inch cinnamon (dalchini) stick
- 1 cloves (laung / lavang)
- 1 cardamom (elaichi)
- 1 bayleaf (tejpatta)
- 1/2 tsp fennel seeds (saunf)
- 1/2 tsp cumin seeds (jeera)
- salt to taste
- 1 tbsp chopped coriander (dhania) for garnishing

Preparation Method

- For the koftas
- Peel and grate all the vegetables, add a little salt and keep aside for 10 minutes.
- Squeeze out the water from the grated vegetables and keep the water aside to use for the gravy.
- To the grated vegetables add coriander-cumin seeds powder, chilli powder, besan and salt mix well.
- Divide the vegetable mixture into small equal portions and shape them into small balls.
- Steam the koftas in a steamer for 15 to 20 min or till they are cooked . keep aside
- For the gravy
- Heat oil in a broad non-stick pan.
- Add cinnamon, cloves, cardamom, bay leaf, fennel seeds and cumin seeds and let it crackle.
- Then add the onion paste a saute till the raw smell disappears. Add the ginger-garlic paste and saute for 2 minutes.
- Add the tomato puree and cook till the oil seperates.
- Add the squeezed out water from the vegetables and cook for a few minutes.
- Add chilli powder, salt and coriander-cumin seeds powder and cook for another 2 minutes.
- Add the koftas and simmer for 5 minutes.
- Serve hot garnished with coriander leaves.