



Vegetable Korma (HV)

Serving: 1

Veg

Ingredients

- -Carrot, French beans, Cauliflower florets, capsicum, Green peas - 1 cup
- -Oil - $\frac{1}{2}$ tsp
- -Star anise - 1 piece
- -Curry leaves - 5
- -Onions , finely chopped - 2 tbsp
- -Tomato puree - $\frac{1}{2}$ cup
- -Salt as per taste
- -Cumin seeds - $\frac{1}{2}$ tsp
- -Coriander seeds - $\frac{1}{2}$ tsp
- -Fennel seeds (saunf) - $\frac{1}{2}$ tsp
- -Garlic clove - 1
- -Ginger finely chopped - $\frac{1}{2}$ tsp
- -Dried red chilli - 1
- -Green chilli - 1

Preparation Method

- -For the masala paste, heat oil in a non-stick pan.
- -Add cumin seeds, coriander seeds, fennel seeds and saute. Crush the garlic cloves lightly and add and saute. Chop ginger and add and mix.
- -Add red chillies, green chillies, curry leaves, star anise and saute. Place a basket in a bowl
- -Add carrot cubes, French beans, and cauliflower florets. Add some water and cook in microwave for 3-4 minutes.
- -Heat oil in a non-stick pan. Add onions and saute till the onions are light brown. Add the ground masala and mix. Remove vegetables from the microwave.
- -Add tomato puree to the pan. Add all the vegetables, capsicum, green peas and mix.
- -Add $\frac{1}{2}$ cup water, salt, and mix well. Cover and cook for 2-3 minutes or until the vegetables are cooked.
- -Serve hot.