



Asparagus Sabji ( LV )

Serving: 1

Veg

### *Ingredients*

- -Asparagus – 1 cup, chopped into bite size pieces
- -Oil – 1 Tsp
- -Cumin Seeds –  $\frac{1}{2}$  tsp
- -Fennel Seed (powdered) –  $\frac{1}{2}$  tsp
- -Ginger – 1 tsp, grated or crushed
- -Garlic – 3 large cloves, roughly chopped
- -Tomatoes – 2 medium, chopped
- -Salt – to taste-
- -Red Chili Powder – to taste

### *Preparation Method*

- -Wash the Asparagus and snap the white/hard ends and discard.
- -Chop to desired size.
- -In a skillet, heat Oil on medium heat.
- -Once hot, add Cumin Seeds and allow them to splutter.
- -Add Crushed Fennel Seeds, Ginger and Garlic and cook for a minute.
- -Add Tomatoes allow them to cook until they soften up.
- -Add Asparagus, Salt and Red Chilli Powder. Mix well.
- -Cook uncovered for 5-6 minutes, until the moisture has evaporated.
- -Serve hot with Chapatis, rice or Rotis.