



Subzi kadhi (HV)

Serving: 1

Veg

Ingredients

- -2 Tbsp besan (bengal gram flour)
- -1/2 cup fresh low-fat curds(dahi)
- -1tsp ginger-green chilli paste
- -2-4curry leaves
- -1 tsp sugar
- -salt to taste
- -1 tsp ghee
- -1/2 tsp jeera seeds
- -1/2 tsp mustard seeds
- -a pinch asafoetida (hing)
- -1 whole dry kashmiri red chilli , broken into pieces
- -1 cup chopped and boiled mixed vegetables (carrots , french beans and couliflower)
- -1 tbsp chopped coriander

Preparation Method

- -Whisk the besan and curds together till smooth and free of lumps.
- -Add the ginger-green chilli paste, curry leaves, sugar, salt and 1 cup of water and keep aside.
- -Heat a non-stick pan on a medium flame and when hot, add the cumin seeds and mustard seeds and dry roast for 30 seconds.
- -Add the asafoetida and red chilli and again dry roast for a few seconds.
- -Add the besan-curd mixture and mixed vegetables and bring to boil.
- -Lower the flame and simmer for a few minutes while stirring continuously.
- -Serve hot garnished with coriander.