



## Baby Corn Palak Sabji ( LV )

Serving: 1

Veg

### *Ingredients*

- -2 tbsp onion, roughly chopped
- - $\frac{1}{2}$  tsp grated ginger
- -1 green chilli, chopped
- - $\frac{1}{2}$  cup blanched spinach leaves
- -1 tbsp curds
- -1 tbsp low fat milk
- - $\frac{1}{4}$  cup chopped & blanched baby corn
- -A pinch of turmeric powder
- -1 tsp dried mango powder (amchur)
- - $\frac{1}{2}$  tsp garam masala
- - $\frac{1}{2}$  tsp roasted dried kasuri methi
- -Salt to taste

### *Preparation Method*

- Heat a non-stick kadhai on medium flame, when hot add the chopped onions, ginger and green chilles. Dry roast for 2 to 3 minutes while stirring continuously.
- Add spinach, curds, milk and  $\frac{1}{4}$  cup water. Remove from flame and keep aside to cool.
- Blend in a mixer to a smooth paste.
- Pour the mixture back into the kadhai and add the baby corn, turmeric powder, dry mango powder, garam masala, dried fenugreek leaves, salt and 2 tbsp water and bring to boil.
- Simmer for 4 to 5 minutes and serve hot.