



## Healthy Carrot Subji ( LV )

Serving: 1

Veg

### *Ingredients*

- Serves 1
- 1/2 cup peeled and chopped carrot
- 1/4 tsp saunf seeds
- 1/2 tsp coriander seeds
- 1/4 tsp cumin seeds
- 1/4 tsp crushed black peppercorns
- 1/4 tsp ginger paste
- 1 green chilli, finely chopped
- 1 tbsp finely chopped coriander leaves
- Salt to taste
- 1/2 tsp oil

### *Preparation Method*

- 1. Dry roast saunf seeds, coriander seeds, cumin seeds and black peppercorns till fragrant. Remove from flame and keep aside to cool and grind into a coarse powder.
- 2. Heat the oil in a non-stick kadhai over medium flame, add ginger, green chillies and carrots and saute on medium flame for 2 to 3 minutes.
- 3. Add salt and spice powder, mix well and cook for 2 to 3 minutes.
- 4. Remove from flame and serve hot garnished with coriander leaves.