



Healthy Green Curry

Serving: 1

Veg

Ingredients

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- -1 tsp ghee OR 1 tsp olive oil
- - $\frac{1}{2}$ cup spring onion whites
- - $\frac{1}{4}$ cup quick cooking rolled oats
- - $\frac{1}{2}$ cup boiled carrot cubes
- - $\frac{1}{2}$ cup blanched baby corn , cut into roundels
- - $\frac{1}{2}$ cup boiled cauliflower florets
- -salt to taste
- - $\frac{1}{4}$ cup spring onion greens
- To Be Ground In to A Smooth Green Paste (using Enough Water)
- -1 cup chopped coriander (dhania)
- -5 to 6 garlic (lehsun) cloves
- -1" ginger (adrak)
- -2 to 3 green chillies
- - $\frac{1}{2}$ tbsp lemon juice

Preparation Method

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- 1. Heat the ghee or olive oil in a broad non-stick pan, add the spring onion whites and sauté for 2 to 3 minutes or till the onions turn translucent.
- 2. Add the oats and sauté on a medium flame for 2 minutes.
- 3. Add the green paste and $\frac{1}{2}$ cup of water, mix well and cook on a medium flame for 2 minutes.
- 4. Add the carrots, baby corn, cauliflower, salt and another $\frac{1}{2}$ cup of water, mix well and cook on a medium flame 1 more minute.
- 5. Add the spring onion greens and mix well.
- 6. Serve immediately.