



Broccoli and Zucchini in Red Capsicum

Serving: 1

Veg

Ingredients

- -1/4 cups blanched broccoli florets
- -1/4 cup blanched zucchini cubes
- -1/2 cups red capsicum cubes
- -1/2 tsp olive oil
- -1/4 cups sliced onions
- -1/2 tsp finely chopped garlic (lehsun)
- -1/2 tsp dry red chilli flakes (paprika)
- -1/4 tsp dried oregano
- -Pinch of sugar
- -salt and freshly ground black pepper (kalimirch) to taste
- -1/4 cup cut and blanched baby corn

Preparation Method

- -Combine the red capsicum and 1 cups of hot water in a deep bowl, cover with a lid and keep aside for 10 to 15 minutes. Drain and keep aside.
- -Heat the olive oil in a deep non-stick kadhai, add the onions and garlic and sauté on a medium flame for 2 minutes. Keep aside to cool slightly.
- -Combine the onion-garlic mixture and the capsicum and blend in a mixer to a smooth paste.
- -Transfer the paste into a deep non-stick kadhai, add the chilli flakes, oregano, sugar, salt and pepper powder, mix well and cook on a medium flame for 2 minutes, while - stirring occasionally.
- -Add the broccoli, zucchini and baby corn, mix well and cook on a medium flame for another 2 minutes, while stirring occasionally.
- -Serve hot.