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BROCCOLI STIR FRY RECIPE | INDIAN STYLE SPICY VERSION

Updated on November 11, 2024 by [Raks Anand](#) [76 Comments](#)

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Broccoli stir fry cooked in Indian style with flavourful spices to suit our taste buds yet simple recipe. Goes well as accompaniment for rice in an Indian lunch menu or even good as on it's own. Let's see how to make this easy dish with detailed steps.



You can prepare this when you are looking for a quick yet healthy dish using broccoli.

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This is the first time I cooked broccoli at home, but I have had twice before in form of kofta (vegetable based balls) and in sizzlers. Myself and Vj are not a fan of this vegetable, but because of its

nutritional value I wanted to make my kid eat this one. He loves cauliflower, so I had a confidence that he might like as its looks resemble cauliflower.

And so I made along with fried rice one day and he just loved the combo. Now I am happy that I tried!



INGREDIENTS

Here are the ingredients needed to make this dish. Please check the recipe card below for exact quantities and measurements.

- **Broccoli** - Use fresh broccoli, you can even use broccolini.
- **Onion** - Adds flavour and taste to the dish. You can use any type of onion, red/ white/ yellow. I prefer to use the Indian variety

which is pale purple in colour.

- **Ginger** - This is my main ingredient for flavour in this dish.
- **Sambar powder** - This is a spice mix (South Indian style curry powder) which we use in most of our everyday cooking. I have linked the recipe in the recipe card.
- **Turmeric powder** - Makes the broccoli more vibrant in hue, also we add turmeric for it's health benefits.
- **Cumin seeds** - Gives a lovely flavor along with ginger.
- **Mustard seeds** - Black mustard seeds (small variety)
- **Oil** - I used olive oil here. But you can also use any cooking oil of your choice.

Please check the recipe card below for exact quantities and measurements.

STEP BY STEP METHOD

1. Cut broccoli firstly, into small bite size pieces as we do for cauliflower. I parboiled the broccoli. This gives a good colour and absorbs the spices, flavor well, without turning it dark.



2. Then heat a pan with oil and splutter mustard seeds, followed by cumin seeds in low heat, without burning it.

After that, add ginger, onion and fry for a minute or until the onion turns translucent and soft. Then, add the **sambar powder** (curry powder) and **salt** and just give it a stir and add the broccoli florets and mix well.



3. Keep in low flame and cook furthermore covered for 3-5 minutes, without changing its crunchiness. In between you can once give it a mix for even cooking.



Cooked broccoli until the spices coat it well and switch off the flame.



You can have this as such too.



P.s. I took the step wise pictures with mobile, some came quite good, some are blurred. so you may notice differences in every picture quality.

WHY THIS WORKS

The ginger is the main factor that removes the broccoli's typical flavor and along with sambar powder (south Indian curry powder), it just turns the whole stir fry to Indian style.

It's all about the ingredients we use and it's flavor that decides the recipe right?

SUBSTITUTIONS & VARIATIONS

Broccoli - You can use cauliflower or a mix of both.

Add a finely chopped tomato before adding broccoli for a tangy twist.

You can add capsicum along for a wonderful flavour.

If you do not have sambar powder or curry powder, you can just use a teaspoon of mild Red chilli powder and a teaspoon of coriander seeds powder in place of it.

STORAGE & SHELF LIFE

You can refrigerate it upto 2 days. Toss again over pan to reheat or even you can microwave.

TOP TIPS

- Do not overcook the broccoli.
- You can adjust the spices in quantity or also the type used according to your taste buds.
- Feel free to be creative and add your favorite ingredient to make it suit your taste bud. If you like lemon, you can also give it a squeeze at the end.

RECIPE CARD

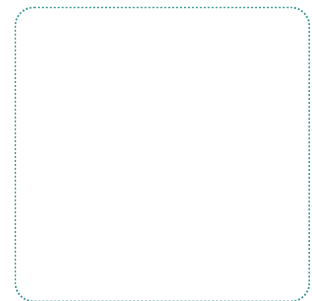
Broccoli stir fry | Indian style

Broccoli stir fry cooked in Indian style with flavourful spices to suit our taste buds yet simple recipe.

 **Course** Side Dish  **Cuisine** Indian

 **Prep Time** 10 minutes

 **Cook Time** 15 minutes



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**Author** [Raks Anand](#)**Servings**

1x

2x

3x

Cup measurements

Ingredients

- 1 Broccoli Medium
- 1 Onion finely chopped
- $\frac{3}{4}$ teaspoon Ginger grated
- 1 teaspoon [Sambar powder](#) if not, replace with red chilli powder or curry powder
- Salt

To temper

- 1 teaspoon Oil
- $\frac{1}{2}$ teaspoon Mustard seeds
- 1 teaspoon Cumin seeds

Cook Mode *Prevent your screen from going dark*

Instructions

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5. Cooked broccoli until the spices coat it well and switch off the flame.
6. You can have this as such too.

Notes

- *Do not over cook the broccoli.*



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