

Pav Bhaji

by TNN

Ingredients:

4 medium mashed,boiled potato
2 medium chopped onion
1/2 cup chopped cauliflower
1 cup shelled,blanched peas
3 tablespoon refined oil
salt as required
8 pav
2 teaspoon garlic paste
1/4 cup green beans
4 medium chopped tomato
1 chopped,de seeded capsicum (green pepper)
1/4 cup chopped carrot
1/2 tablespoon ginger paste
2 chopped green chilli



Instructions:

Step 1 Prepare the masala for Pav Bhaji

Blanch the peas, cauliflower florets, carrots and beans. Alternately, you can also boil them with a little water in the pressure cooker. Drain and mash coarsely. Heat oil in a pan and add three fourth quantity of onions. Sauté till light golden in colour. Add green chillies and ginger-garlic paste. Stir-fry for half a minute and then add pav bhaji masala along with chopped capsicum, and stir fry for a minute.

Step 2 Add all the veggies and once cooked, mash them

Ensure that you have finely chopped the tomatoes. If they have tough skin, chop them after removing the skin or grate them. Add tomatoes, salt and cook on medium heat for three to four minutes, stirring continuously or till oil separates from the masala. Add mashed peas, cauliflower, potatoes and 2 cups of water. Bring it to a boil and simmer for ten minutes, pressing with the back of the spoon a few times, till all the vegetables are completely mashed and blended together.

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