**Vegetable Jalfrezi**

Prep time: 10 Min Cook time: 15 Min

**Ingredients:**

* 8-10 green beans, chopped
* ½ carrot, chopped
* ½ tomato, sliced and de-seeded
* 3 tablespoons peas
* 4 baby corn, chopped
* ½ yellow capsicum, sliced
* ½ green capsicum, sliced
* ½ red capsicum, sliced
* ½ onion, finely chopped
* 2 tomatoes, chopped
* 2 tablespoons tomato sauce
* 1 teaspoon cumin seeds (jeera)
* 1 teaspoon dried fenugreek leaves (kasuri methi)
* 3 cloves garlic, chopped
* 1 inch ginger, grated
* ½ teaspoon turmeric powder (haldi)
* 1 teaspoon red chili powder
* 1 teaspoon coriander powder (dhania)
* ½ teaspoon garam masala
* ¼ teaspoon black pepper powder
* Low sodium salt, to taste
* 1 tablespoon butter
* 2 tablespoons oil
* 2 tablespoons chopped coriander leaves (for garnish)

**Instructions:**

**Sauté the Vegetables:**

1. In a pan, heat 1 tablespoon of butter. Add the chopped beans, carrot, peas, baby corn, and de-seeded tomato.
2. Add ½ teaspoon of salt and stir-fry on high heat for about a minute. Remove the vegetables and set aside.

**Cook the Capsicum:**

1. In the same pan, add the sliced yellow, green, and red capsicum.
2. Stir-fry until the vegetables shrink slightly but remain crunchy. Set aside.

**Prepare the Base:**

1. In a large kadai, heat 2 tablespoons of oil. Add cumin seeds, kasuri methi, chopped garlic, and grated ginger.
2. Sauté until the spices become aromatic.
3. Add the chopped onion and sauté until the onions turn golden brown.
4. Lower the heat and add turmeric powder, red chili powder, coriander powder, and ½ teaspoon of salt.
5. Sauté until the spices are aromatic.
6. Add the chopped tomatoes and sauté until they become soft.
7. Incorporate Tomato Sauce: Stir in the tomato sauce and mix well.

**Combine, Garnish & Serve:**

1. Add the sautéed vegetables, garam masala, and black pepper powder. Mix well on high heat for a couple of minutes.
2. Garnish with chopped coriander leaves.
3. Serve hot with roti or steamed rice and dal.