

Better nutrition. For workers and farmers.



Ingredients

1 medium sized bottle gourd (diced)
1 medium sized cauliflower (cut into florets)
1 medium sized brinjal (diced)
3 or 4 potatoes (diced)
1 or 2 tomatoes (diced)
Green peas (shelled)
7 or 8 cloves of garlic (slightly smashed)
1 or 2 onions (sliced)
1 ½ spoon powdered coriander
1 ½ spoon powdered cumin
4 or 5 green chillies (chopped)
A handful of Paanch Phoron (traditional blend of 5 different spices)
2 spoons mustard oil

Instructions

First, heat the oil in a cooking vessel. When it simmers up, put in the sliced onions and fry on medium flame till they are golden brown. Then put in a handful of the Paanch Phoron. When their aroma is released, then put in all the cut-up vegetables and fry on medium flame for about 10 minutes. Then put in the powdered coriander and cumin, smashed garlic and chopped green chillies and fry for another 5-7 minutes. Then add water and cover the vessel and steam on medium flame for 10-15 minutes until the vegetables are properly cooked. Serve hot and enjoy!