

Better nutrition. For workers and farmers.



Ingredients

1 medium sized cauliflower (cut into florets)

1 medium sized cabbage (shredded)

4 large carrots (diced)

3 or 4 potatoes (diced)

1 egg

Pulses

1 or 2 onions (chopped)

7 or 8 cloves of garlic (chopped)

3 or 4 green chillies (chopped)

½ cup oil

½ cup fresh coriander leaves (chopped)

20-25 cumin seeds

1 spoon turmeric powder

Salt

Instructions

First, heat the oil and put 15-16 pieces of cumin seed in the hot oil. After a few seconds, add chopped onion, chopped garlic and chopped green chilli and cook for 2-3 minutes. Now add the pulses and the chopped vegetables in the process. Add turmeric powder and salt in the process and cover the pan. Leave it for 2 minutes. Now, open the cover and mix the vegetables well with the other ingredients, continue this process for 4-5 minutes. Add water and wait for the vegetables to boil well. When the water will be soaked, add an egg in the vegetables and mix the egg well with the vegetables. After 3-4 minutes from adding the egg, add more cumin seed and chopped coriander leaf. Now wait for 5-6 minutes more and the leftover water to be dried off. The food is ready, enjoy!