Dinner, Indian

Aromatic Bengali Mixed Vegetable Sabzi

Cauliflower, pumpkin, brinjal, beans and peas are tumbled into a fragrant tempering of Bengali whole spices in this classic dry vegetable dish. A gentle simmer keeps every bite distinct and full of flavour.



Vegan | Gluten free | Dairy free

35 min	85	10.6 g	6.5 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 cup cauliflower florets
- [ ] 1 cup red pumpkin (bhopla / kaddu) cubes
- [ ] 1/2 cup brinjal (baingan / eggplant) , cut into 12 mm. cubes
- [ ] 1 cup chopped french beans
- [ ] 1 cup matar (green peas)
- [ ] 2 tsp oil
- [ ] 1 tsp mustard seeds (rai / sarson)
- [ ] 1/2 tsp aniseed (vilayati saunf)
- [ ] 1 tsp cumin seeds (jeera)
- [ ] 1/2 tsp nigella seeds (kalonji)
- [ ] 1/2 tsp fenugreek (methi) seeds
- [ ] 2 whole dry Kashmiri red chilli , broken into small pieces
- [ ] 1/2 tsp chopped green chillies
- [ ] 1 bay leaf (tejpatta)
- [ ] 1/2 tsp haldi powder (turmeric powder)
- [ ] a pinch of sugar
- [ ] salt (namak) to taste

Nutrition Facts

Per serving

Calories	**85**
Total fat	2.8 g
Saturated fat	Not listed
Sodium	17 mg
Total carbs	10.6 g
Fiber	6.3 g
Total sugars	6.5 g
Protein	4.4 g

Method

- [ ] 1 Heat the oil in a deep non-stick pan over a medium flame.
- [ ] 2 Add the mustard seeds, aniseed, cumin seeds, nigella seeds, fenugreek seeds, pieces of whole dry Kashmiri red chilli, chopped green chillies and the bay leaf, then saute for 1 minute.
- [ ] 3 Tip in the cauliflower florets, red pumpkin cubes, brinjal, chopped french beans and matar (green peas).
- [ ] 4 Sprinkle in the haldi powder, a pinch of sugar and salt to taste, pour in 1 cup of water and mix well.
- [ ] 5 Cover with a lid and cook on a medium flame for 12 to 14 minutes, stirring from time to time.
- [ ] 6 Serve the sabzi hot.

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