Dinner, Indian

Rajasthani Five Vegetable Sabzi with Amchur

Cluster beans, long beans, capsicum, cucumber and carrots come together in a dry spiced sabzi finished with tangy dried mango powder. It pairs wonderfully with hot rotis or bhakris.



Low fat

34 min	61	6.6 g	5.5 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 3/4 cup chopped cluster beans (gavarfali)
- [ ] 3/4 cup finely chopped long beans (chawli bhaji)
- [ ] 1/2 cup capsicum cubes
- [ ] 3/4 cup cucumber cubes
- [ ] 1/2 cup carrot cubes
- [ ] 1 tbsp oil
- [ ] 1 tsp cumin seeds (jeera)
- [ ] 1 tsp ginger-green chilli paste
- [ ] 1 tsp red chilli powder
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] 1 tsp dhaniya powder (coriander powder)
- [ ] salt (namak) to taste, restricted salt for health
- [ ] 1 tsp dried mango powder (amchur)

Nutrition Facts

Per serving

Calories	**61**
Total fat	4 g
Saturated fat	Not listed
Sodium	7 mg
Total carbs	6.6 g
Fiber	2.4 g
Total sugars	5.5 g
Protein	1.8 g

Method

- [ ] **1** Begin by warming 1 tbsp of oil in a broad non-stick pan set over a medium flame. Once hot, drop in 1 tsp cumin seeds (jeera) with 1 tsp ginger-green chilli paste and let them sizzle away for 30 seconds.
- [ ] **2** Tip 3/4 cup chopped cluster beans (gavarfali) and 3/4 cup finely chopped long beans (chawli bhaji) into the pan, then follow with 1/2 cup capsicum cubes, 3/4 cup cucumber cubes and 1/2 cup carrot cubes.
- [ ] **3** Scatter 1 tsp red chilli powder, 1/4 tsp haldi powder (turmeric powder) and 1 tsp dhaniya powder (coriander powder) over the vegetables, season with salt, pour in 5 tbsp of water and toss everything together so the spices coat the mix evenly.
- [ ] **4** Place a lid on the pan and let it all bubble gently over the medium flame for 10 to 12 minutes, giving the pan an occasional stir so nothing catches at the base.
- [ ] **5** To finish, stir 1 tsp dried mango powder (amchur) through the sabzi and cook for a further 1 minute on a medium flame, mixing now and then.
- [ ] **6** Spoon the panchmel ki sabzi into a serving bowl and bring it to the table hot.

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