Dinner, Indian

Rajasthani Radish and Greens Sabzi

Tender radish and its fresh greens are simmered until soft, then tossed with a fragrant tempering of cumin, carom and everyday spices for a rustic Rajasthani side dish. Enjoy it hot alongside rotis or a simple dal and rice meal.



21 min	55	2.6 g	2 g
time	calories	carbs	sugars

Low fat

Ingredients, 4 servings

- [ ] 1 1/2 cups chopped radish (mooli)
- [ ] 4 cups chopped radish leaves (mooli ke patte)
- [ ] a pinch of baking soda
- [ ] 1 tbsp oil
- [ ] 1/2 tsp cumin seeds (jeera)
- [ ] 1/2 tsp carom seeds (ajwain)
- [ ] 1/4 tsp asafoetida (hing)
- [ ] 2 tsp ginger-green chilli paste
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] 2 tsp dhaniya powder (coriander powder)
- [ ] 1 tsp red chilli powder
- [ ] salt (namak) to taste

Method

- [ ] **1** Set 2 cups of water heating in a deep non-stick pan, and once it is hot, slide in the chopped radish (mooli), the radish leaves (mooli ke patte) and the pinch of baking soda. Stir everything well and let it simmer on a medium flame for 7 minutes, nudging the pan with a spoon now and again. Strain the mixture thoroughly and set it to one side for the moment.
- [ ] **2** Next, warm a tablespoon of oil in a non-stick kadhai over a medium flame. Tip in the cumin seeds (jeera) and carom seeds (ajwain), follow with the asafoetida (hing) and finish with the ginger-green chilli paste, sauteing this quick tempering for a few seconds.
- [ ] **3** Bring the drained radish and radish leaves back into the kadhai and scatter the haldi powder (turmeric powder), dhaniya powder (coriander powder), red chilli powder and salt (namak) over the top. Fold it all together until the spices cling to the vegetables, then keep it cooking on a medium flame for 2 to 3 minutes, stirring from time to time.
- [ ] **4** Spoon the finished mooli ki sabzi into a serving bowl and bring it to the table straight away.

Nutrition Facts

Per serving

Calories	**55**
Total fat	4 g
Saturated fat	Not listed
Sodium	15 mg
Total carbs	2.6 g
Fiber	1.5 g
Total sugars	2 g
Protein	2.1 g

diabic.com/recipes

Scan to open this recipe and its shopping list