



Shalgam Ki Sabzi

Ingredients

- 1 Sachet MAGGI Masala-ae-Magic
- 3 Tablespoons Oil
- 1 Teaspoon Cumin Seeds
- 1 Teaspoon Kalonji
- 1 Large Onion (Finely Chopped)
- 2 Green Chillies (Finely Chopped)
- 1 Teaspoon Ginger (Grated)
- 1 Teaspoon Garlic (Grated)
- 1 Large Tomato (Finely Chopped)
- 0.5 Teaspoon Turmeric Powder
- 1 Pinch Salt (To Taste)
- 500 gms Shalgam (White turnip)
- 1 Cup Water
- 3 Tablespoons Coriander Leaves (Chopped)

Zubereitung

1. Prepare ingredients as per recipe!
2. Heat the oil in a pressure cooker, add the cumin seeds and kalonji, when they splutter add the onions and green chillies. Sauté till light brown, add the grated ginger and garlic and stir fry for 2-3 minutes.
3. Add the tomatoes, turmeric powder and salt well till oil leaves the sides of the cooker. Then add the chopped shalgam and water, mix well. Pressure cook for 5 minutes after the first whistle on a low flame.
4. Open the cooker when all the steam has gone, add the MAGGI Masala-ae-Magic, mix well and cook for another two minutes.
5. Garnish with coriander leaves and serve hot with rotis/rice and dal.

Nährwerte an

Carbohydrates	14.07 g
Energy	166.26 kcal
Fats	11.87 g
Protein	2.35 g

🕒 36 Minutes

⊕ 4 Serves