



Bharwan Shimla Mirch Recipe

Ingredients

- 1 Sachet MAGGI Masala-ae-Magic
- 3 Medium Potato (Boiled & Mashed)
- 4 Green Capsicum
- 3 Tablespoons Oil
- 0.5 Teaspoon Cumin Seeds
- 1 Onion (Chopped)
- 1 Green Chillies (Chopped)
- 0.5 Teaspoon Red Chilli Powder
- 0.5 Cup Peas (Shelled)
- 0.5 Teaspoon Amchur Powder
- 1 Pinch Salt (To Taste)
- 2 Tablespoons Coriander Leaves (Chopped)

Zubereitung

1. Prepare ingredients as mentioned in the list. Slice off the tops of the capsicum, remove the seeds, rinse in water and dry them
2. Heat 1½ tablespoon oil in a karahi and add the cumin seeds. When they start to splutter, add the onions and sauté, till soft. Add the green chillies, then the red chilli powder and peas, stir-fry for 4-5 minutes.
3. Add the mashed potatoes, MAGGI Masala-ae-Magic, amchur, salt to taste and mix well. Then, add the coriander leaves and mix again.
4. Divide the potato mixture into four portions and stuff into the capsicum with a spoon. If baking, then brush oil outside the capsicum and bake in an oven, at 200°C for 20 minutes. OR cook in a frying pan, heat the remaining oil and place the capsicum on a low flame and cover the pan. Every 3-4 minutes, turn the sides, cover and continue to cook. Also turn over onto the open potato side and cook till golden-brown.
5. Serve hot.

Nährwerte an

Carbohydrates	37.95 g
Energy	271.99 kcal
Fats	11.84 g
Protein	5.64 g

🕒 51 Minutes

⊕ 4 Servings