



Gajar Matar Ki Sabzi

Ingredients

- Sachet MAGGI Masala-ae-Magic
- Tablespoons Oil
- Teaspoon Jeera
- 1/4 1/4 Teaspoon Asafoetida
- Tablespoon Ginger (Cut Into Strips)
- 1/2 1/2 Teaspoon Red Chilli Powder
- gms Red Carrots
- gms Green Peas (Shelled)
- Pinch Salt
- Tablespoons Coriander Leaves (Chopped)

Instruction

1. Prepare ingredients as per recipe.
2. Heat the oil in a karahi, add the cumin seeds and when it splutters add the asafoetida and ginger, stir fry for a minute. Then add the red chilli powder, immediately add the gajar, matar and salt. Mix well.
3. Cook on a low flame till the gajar and matar are done. Add the MAGGI Masala-ae-Magic and cook for another two minutes.
4. Garnish with coriander leaves and serve hot with rotis and dal.

Nutrition

Carbohydrates	37.53 g
Energy	322.74 kcal
Fats	12.81 g
Protein	13.61 g

37 Minutes

4 Serves