



## Capsicum Besan Bhaji Recipe

### Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- Tablespoons Oil
- 1/2 1/2 Teaspoon Mustard Seed
- 1/2 1/2 Teaspoon Cumin Seed
- Large Onions (cut into quarters)
- Cloves Garlic (Chopped)
- Green Chillies (Slit)
- Coriander Leaves (Chopped)
- 1/2 1/2 Teaspoon Turmeric Powder
- 1/2 1/2 Teaspoon Red Chilli Powder
- 1/4 1/4 Teaspoon Hing (Asafoetida)
- Green Capsicum
- Pinch Salt (To Taste)
- 1/4 1/4 Cup Water
- 1/2 1/2 Cup Besan (Gram Flour)
- Tablespoons Coriander Leaves (Chopped)
- Teaspoon Lime Juice

### Instruction

1. Prepare ingredients as mentioned in the list.
2. Heat oil in a karahi, add mustard seeds and when they splutter add the cumin seeds. Then add the onions, garlic, green chillies and curry leaves. Sauté till onions are translucent and soft.
3. Then add turmeric powder, red chilli powder and asafetida, on a low flame, mix well ensuring that they do not get burnt. Now add the capsicum cubes and salt, mix well with the rest of the ingredients. For a special taste add a sachet of MAGGI Masala-ae-Magic.
4. Pour ¼ cup water and stir. Cover and cook the capsicum on a low flame. The capsicum has to become tender.
5. Then sprinkle the roasted besan, 1 tablespoon at a time, mixing well each time. If the bhaji looks very dry, then you can sprinkle some water. Switch off the flame and garnish with coriander leaves and lime juice.
6. Serve hot with rotis or rice and dal.

### Nutrition

|               |             |
|---------------|-------------|
| Carbohydrates | 16.79 g     |
| Energy        | 159.58 kcal |
| Fats          | 8.79 g      |
| Protein       | 4.5 g       |

45 Minutes

4 Servings