



Vegetable Caldine Recipe

Ingredients

- Cubes MAGGI Magic Cubes Vegetarian (Crumbled)
- Sachets Maggi Coconut Milk Powder
- Cup Carrot (cubed)
- Cup Beans (cut into 1" pieces)
- Cup Potato
- Cup Cauliflower
- Cup Peas (shelled)
- Cups Warm Water
- Tablespoon Ginger-Garlic Paste
- Tablespoon Vinegar
- Teaspoon Turmeric Powder
- Tablespoon Coriander Seeds
- Pepper Corns
- Cloves
- Inch Cinnamon (1 Inch Pieces, Crushed)
- Teaspoon Cumin Seeds
- Cloves Garlic
- Inch Ginger (Cut Into Strips)
- Tablespoons Oil
- Onion (Sliced)
- Tomato, Ripe, Local (Solanum Lycopersicum)
- Tablespoon Vinegar
- Green Chillies (Chopped)
- 1/2 1/2 Pinch Salt (To Taste)

Instruction

1. Marinate the vegetables with marination ingredients and 2 MAGGI magic cubes (Vegetarian) for 30 min.
2. Dissolve MAGGI Coconut Milk Powder in 3 cups of warm water. Grind together all ingredients for masala paste and keep aside.
3. Heat oil in a pan, add chopped onions and sauté till translucent. Add tomato and cook till soft. Add the marinated vegetables, ground masala paste and mix well. Sauté for 5 minutes on low flame
4. Pour in prepared MAGGI Coconut milk and stir well. Add the remaining 2 MAGGI magic cubes (Vegetarian), vinegar, green chillies and adjust salt to taste.
5. Pressure cook for 2 minutes after the first whistle
6. Serve hot with steamed rice.

Nutrition

Carbohydrates	39.53 g
Energy	318.51 kcal
Fats	15.37 g
Protein	7.89 g

49 Minutes

7 6-7