

Chettinad Mixed Vegetable Curry/ Vegan Mixed Veg Curry

Yield: 2 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-mixed-veggie-recipe>

Ingredients:

- 2 cups mixed vegetables cauliflower, peas, beans, carrots
- water to steam the vegetables
- salt to taste
- 1 large onion or 2 medium size onions finely chopped
- 2 small tomatoes roughly chopped and pureed
- 3 cloves garlic sliced
- 1 tablespoon ginger grated
- 1/2 teaspoon haldi powder or turmeric powder
- 1/2 teaspoon chilli powder
- 1/2 cup hot water
- 1 tablespoon coconut oil
- 1/4 cup coconut milk
- 3 sprigs curry leaves
- water as required for the curry consistency
- salt to taste
- 5 green cardamom or Elaichi
- 1 black cardamom or Badi Elaichi
- 1 inch cinnamon stick or Dalchini
- 10 methi dana or fenugreek seeds
- 2 1/2 teaspoons coriander seeds or dhania
- 3 cloves or Lavang / laung
- 1 teaspoon jeera or cumin seeds
- 1 teaspoon fennel seeds or saunf
- 1 teaspoon black peppercorns
- 4 red chillies Whole, pundy chillies used here
- 1/2 cup grated coconut freshly
- 1 teaspoon coconut oil for roasting
- water as required to grind masalas into a thick paste

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 45 grams
3. Fat: 32 grams
4. Fiber: 16 grams
5. Protein: 10 grams
6. SaturatedFat: 26 grams
7. Sodium: 890 milligrams
8. Sugar: 7 grams

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