

Broccoli Stir fry with Indian Spices - Broccoli Sabji

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/broccoli-diet-recipe-indian>

Ingredients:

- 1 teaspoon oil
- 1/2 teaspoon mustard seeds
- 1/2 medium onion thinly sliced
- 3 cloves garlic minced
- 1/2 teaspoon turmeric
- 1 teaspoon ground coriander
- 1/4 teaspoon fenugreek seed
- 1 teaspoon sambhar masala
- 1/4 teaspoon cayenne less if using sambhar masala
- 1/4 teaspoon canela
- 1/4 teaspoon black pepper
- 3 cups broccoli coarsely shredded, and tender stems or slaw
- 1 teaspoon grated ginger
- 1/2 green chile finely chopped, grated optional
- 1/2 teaspoon salt or to taste
- 2 tablespoons shredded coconut + additional for garnish, optional

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 9 grams
3. Fat: 2 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 330 milligrams
8. Sugar: 3 grams

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