

Cabbage With Peas (Bund Gobi And Mater)

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/bund-gobi-recipe-pakistani>

Ingredients:

- 4 cups cabbage slice into fine long shreds, discard the stalk and thick stems
- 1 1/4 cups frozen peas
- 2 tablespoons oil
- 1 pinch asafetida hing
- 1 teaspoon cumin seed jeera
- 1/2 teaspoon mustard seeds
- 2 green chilies half the way slit
- 1/4 teaspoon ground turmeric haldi
- 1/4 teaspoon cayenne pepper lal mirch
- 3/4 teaspoon salt
- 1/4 teaspoon sugar
- 2 tablespoons chopped cilantro hara dhania
- 1 tablespoon lemon juiced

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 14 grams
3. Fat: 8 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 580 milligrams
8. Sugar: 4 grams

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