

Laadi Pav for Pav Bhaji

Yield: 8 min
Total Time: 37 min

Recipe from: <https://www.recipeschoose.com/recipes/veg-chinese-bhaji-recipe>

Ingredients:

- 3 cups flour all-purpose
- 1 1/2 teaspoons active dry yeast
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 2 cups warm water
- 2 teaspoons sugar
- 1 teaspoon canola oil
- 1 teaspoon nondairy milk
- 3 tablespoons canola oil
- 1 tablespoon canola oil
- 1 onion large, cut in a small dice
- 1 inch ginger piece of, grated
- 2 green chillies chopped
- 6 garlic cloves
- 3 tomatoes diced
- 1 cup green peas boiled and then mashed slightly
- 3 potatoes boiled, peeled, and coarsely mashed, I like to leave a few pieces in for texture
- 1/4 cauliflower or a medium head of, grated or chopped really fine
- 1 green bell pepper seeded and cut into a small dice
- 2 tablespoons masala Pav Bhaji

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 60 grams
3. Fat: 8 grams
4. Fiber: 6 grams
5. Protein: 9 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 390 milligrams

8. Sugar: 6 grams

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