

# Vegetable Kofta Curry

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 2 tablespoons flour bengal gram, besan
- 4 pieces garlic
- 1 teaspoon ginger
- 2 green chillies
- 1/2 cup turnip cut into big chunks
- 1/2 cup carrot cut into big pieces
- 1/2 cup capsicum sliced
- 1/2 cup radish / muli, cut into big pieces
- 1 cup cauliflower florets
- 1/2 cup cabbage shredded
- 1 cup onion chopped, for making gravy
- 2 cups chopped tomatoes for making gravy
- 1/2 teaspoon chilli powder
- 1/2 teaspoon turmeric powder
- 1/4 teaspoon ground black pepper
- 1 cup curd thick
- 1 teaspoon shredded coconut
- 1 teaspoon coriander powder
- 1 tablespoon coriander leaves finely chopped
- salt to taste
- cooking oil for frying

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 25 milligrams
4. Fat: 13 grams
5. Fiber: 5 grams
6. Protein: 6 grams

7. SaturatedFat: 4.5 grams
  8. Sodium: 350 milligrams
  9. Sugar: 9 grams
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