

# South Indian Style Vegetable Kurma

Yield: 4 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/kerala-vegetable-korma-recipe-south-indian>

## Ingredients:

- 2 cups mixed vegetables use carrots, beans, green peas, potatoes and cauliflower
- 2 onions
- 2 tomatoes pureed
- 2 green chilies
- 1 tablespoon red chili powder
- 1 1/2 tablespoons coriander powder
- 1 teaspoon turmeric powder
- 1 teaspoon pepper powder
- salt to taste
- 2 inches cinnamon stick
- 3 cardamom
- 4 cloves
- 1 tablespoon ginger garlic paste
- 4 tablespoons grated coconut
- 2 tablespoons poppy seeds
- 20 cashew nuts
- 2 tablespoons oil
- salt to taste
- coriander leaves Fresh, for garnish, optional

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 29 grams
3. Fat: 14 grams
4. Fiber: 10 grams
5. Protein: 6 grams
6. SaturatedFat: 4 grams

7. Sodium: 460 milligrams

8. Sugar: 6 grams

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