

# Navratan Korma | Mix Veg Curry

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mix-veg-curry-indian-recipe>

## Ingredients:

- 2 tablespoons oil
- 1/4 cup carrots diced
- 1/4 cup potato diced
- 1/4 cup cauliflower
- 2 tablespoons green beans
- 1/4 cup green peas
- 1/4 cup bell peppers
- 2 tablespoons fenugreek leaves
- 1/4 cup paneer cubes
- 2 tablespoons raisins
- 1/4 cup crushed tomatoes or tomato puree
- 1/2 teaspoon turmeric use as per taste
- 1 teaspoon red chili powder use as per taste
- 1 tablespoon paprika use as per taste
- 1 tablespoon masala use as per taste
- salt to Taste
- sugar to Taste, optional
- 1/4 cup heavy cream
- 2 tablespoons cilantro optional
- 1 tablespoon oil
- 1 teaspoon cumin seeds
- 1/4 cup onions chopped
- 1 tablespoon garlic chopped, Use as required per taste
- 1 tablespoon ginger chopped, Use as required per taste
- 1 tablespoon water Use as required to make a smooth paste
- 2 tablespoons cashew

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 30 milligrams
4. Fat: 23 grams
5. Fiber: 5 grams
6. Protein: 6 grams
7. SaturatedFat: 7 grams
8. Sodium: 270 milligrams
9. Sugar: 10 grams

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