

# RESTAURANT STYLE MIX VEGETABLE SABZI

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/mixed-sabzi-indian-recipe>

## Ingredients:

- 3/4 cup veggies mix chopped, –, carrots, peas, french beans, capsicum, and corn
- 1 onion cut into cubes
- 4 tomatoes finely chopped
- 1 tablespoon oil
- 1 tablespoon butter
- 1 red chili broken dry, deseeded
- 1 teaspoon jeera /cumin seeds
- 1 green chili cut into 2 pieces/finely chopped
- asafoetida pinch of hing/
- 1 piece ginger grated
- 5 garlic cloves chopped finely
- 1 teaspoon coriander powder /dhania powder
- 1 teaspoon jeera /cumin powder
- 1/4 teaspoon chilli powder use more if you want it to be spicy
- 1/2 teaspoon garam masala powder
- 8 paneer cubes, optional
- 1 tablespoon curd /dahi
- 3 sprigs coriander leaves chopped
- salt as per taste

## Nutrition:

1. Calories: 1260 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 345 milligrams
4. Fat: 111 grams
5. Fiber: 3 grams
6. Protein: 43 grams

7. SaturatedFat: 61 grams
  8. Sodium: 1740 milligrams
  9. Sugar: 20 grams
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