

Mumbai Pav Bhaji

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/pav-bhaji-recipe-india>

Ingredients:

- 3 potatoes medium sizes, 250 gms
- 1 1/4 cups cauliflower cups chopped, 120 to 130 gms cauliflower
- 1 cup carrot chopped
- 1 cup peas fresh or frozen or soaked dried white peas
- 1/2 french beans half cup chopped, optional
- 1 onion large, finely chopped
- 3 tomatoes large, finely chopped, about 2 to 2.5 cups finely chopped tomatoes, tightly packed
- 1 capsicum medium sized, /green bell pepper
- 2 teaspoons garlic paste ginger-
- 2 green chilies chopped
- 3 1/2 tablespoons masala pav bhaji
- 1/2 teaspoon garam masala powder, optional
- 1 teaspoon red chilies chilly powder or freshly pounded 1-2 dry deseeded, the latter works much better and imparts a beautiful orange...
- 1 teaspoon turmeric powder
- 1 teaspoon cumin seeds
- 2 cups water or add as required
- 3 tablespoons butter amul, butter is also added later while serving, you can add upto 5 to 6 tbsp of butter too for a richer version
- salt as required
- 12 bhaji pavs for serving with the

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 15 milligrams
4. Fat: 7 grams
5. Fiber: 8 grams
6. Protein: 6 grams

7. SaturatedFat: 4 grams
 8. Sodium: 230 milligrams
 9. Sugar: 8 grams
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