

Veg Kabab - How To Make Vegetable Kabab

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/veg-russian-kabab-recipe>

Ingredients:

- 3 1/8 ounces potatoes or 1 medium potato
- 9/16 cup cauliflower about 3/4 cup chopped cauliflower florets or 9 to 10 gobi florets
- 5/8 cup carrots or 1 small to medium carrot
- 2 1/2 ounces white button mushrooms or 6 to 7 button mushrooms
- 2 1/8 ounces onion or 1 medium onion
- 1/4 cup green peas fresh or frozen
- 15 fresh mint leaves
- 2 tablespoons coriander leaves chopped
- 1/2 teaspoon garlic paste ginger-
- 10 tablespoons besan or gram flour
- salt as required
- 1/4 teaspoon turmeric powder haldi powder
- 1/2 teaspoon chilli powder lal mirch powder
- 1/2 teaspoon garam masala powder garam masala powder

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 21 grams
3. Fat: 1.5 grams
4. Fiber: 5 grams
5. Protein: 6 grams
6. Sodium: 230 milligrams
7. Sugar: 4 grams

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