



## Ingredients

2 medium sized potatoes, cut into cubes  
2 medium sized carrots, cut into cubes  
8-10 French beans cut into 1/2 inch pieces  
1/4 small cauliflower, cut into florets  
1/2 cup shelled green peas  
1 medium sized green capsicum,  
cut into 1/2 inch cubes  
1 tbsp oil  
1 tsp cumin seeds  
10-12 curry leaves  
2 medium sized onions, chopped  
Salt to taste  
1/2 tsp garam masala powder

## For masala paste

1 medium sized onion, roughly chopped  
1/2 cup scraped coconut  
8-10 garlic cloves, roughly chopped  
1 inch ginger piece  
2 tbsp roasted coriander seeds  
2 tbsp fennel seeds (saunf)  
1 green chilli, roughly chopped  
2 dried red chillies, seeded  
Salt to taste

## Procedure

Place all ingredients mentioned under "Masala Paste" in a mixer and grind in to a smooth paste using a little water. Keep aside. Preheat a 20 cm Regular unit on medium heat until the Thermo Indicator reaches the green mark. Reduce heat and add a tablespoon of oil, followed by cumin seeds, curry leaves and chopped onions. Sauté until onions turn pink in color.

Add all vegetables dripping wet. Cover and cook on low heat until Thermo Indicator reaches the 80 degree mark. Open the lid and add the masala paste along with salt to taste, garam masala powder and 1/4 cup water. Cover and cook until the Thermo Indicator reaches the 100 degree mark or until vegetables are well cooked. Serve hot with chapati/roti, per your choice.

## Nutrients

Approx. calories per serving: 470 kcal