



Name of recipe – Vegetable Jalfrezi

Number of Serves: 3

Preparation time: 15 Mins

Cooking time: 12 Mins

Difficulty (circle): *Do not overcook the vegetables as it will result in loss of taste and important nutrients.*

Ingredients:

*Beans – 100gms	*Cooking Oil – 2tbsp	*
*Capsicum – 100gms	*Cumin Sees – 1 tsp	*
*Green Peas – Half Cup	*Fresh cream – 2 tbsp	*
*Baby Corn – 100gms	*Salt to taste or ½ tsp	*
*Cottage Cheese – 100gms	*	*
*	*	*
*	*	*

Method:

- Heat about 1tbsp oil in sauté pan add ½ table of cumin seeds. Now add assorted vegetables and sauté them for around 10-12mins
Or till they are 3/4th cooked.
- Now add 1 cup of Minute Chef Jalfrezi gravy and salt. Cook vegetables along with gravy for about 3mins
On medium flame. Add 2tbsp of fresh cream and cottage cheese. Your Jalfrezi ready to serve.

Cooking Tips:

- Use butter instead of cooking oil.
- Add 1/2tsp of kasoori methi at the time of Cooking for strong aroma and distinctive flavour fascinate the taste buds

Serving Suggestions:

Serve with Naan or Kulcha.