

Warming Mixed Vegetable Sabji

This warming delicious and very healthy mixed vegetable sabji is a great way to enjoy the winter vegetables you might have available where you live. Serve it with some salad, raita and [parathas](#).

Ingredients

1 large onion, roughly chopped
2-3 tbsp sunflower oil
1 tsp cumin seeds
Handful curry leaves
2 garlic cloves, grated
2 tomatoes, chopped
100ml water
2 carrots, peeled and chopped
1 large red potato, peeled and chopped into cubes
handful fine green beans, sliced
1 tsp garam masala
1 tsp turmeric
1 tsp chilli powder
1 tsp salt
1 tsp ancho powder
1 tsp ground cumin
1 small cauliflower, florets are broken off and chopped into smaller pieces
50ml water
150g frozen/fresh peas
Coriander leaves, chopped

For the Salad

1 red onion, chopped
1 cucumber, chopped
juice 1 lime
a squeeze of olive oil
sprinkle of salt & pepper

For the Raita

natural yoghurt watered down slightly

salt

ground cumin

boombi (gram flour balls)

Method

– Heat the oil in a pan and add the cumin seeds, curry leaves and onions and cook for 8-10 minutes until golden.

– Add the garlic and cook for a couple of minutes.

– Add the tomatoes and water.

– Cover and cook for 15 minutes on medium heat.

– Add garam masala, turmeric, chilli powder, salt, ancho powder, ground cumin and mix through.

– Add the chopped vegetables and mix in.

– Add the cauliflower and mix through.

– Add water and peas and mix.

– Cover and cook on low-medium heat for 20-25 minutes.

– Stir and check if cooked by cutting a potato piece in half.

– Prepare the salad while it's cooking.

– Mix the onion, cucumber, olive oil, lime juice and salt and pepper together and leave to sit in the juice.

– To make the raita, mix the ground cumin through the yoghurt.

– Mix in the boombi and leave to absorb the liquid for 10-15 minutes.

– Finish the sabji with a sprinkling of coriander leaves.

Serve with paratha or naan with the salad and raita.

