



Carrot, Green Pepper & Radish "Gujarati" Sambhar

Prep: 5 Mins

Cooking time: Maximum 5 Minutes

Ingredients

2 medium sized carrots
10 to 12 round radishes
1 Green pepper
1 small bunch fresh Coriander
2 TblSp Veg Oil
1 Tsp Mustard Seeds
3/4 Tsp Cumin Seeds
1/2 Tsp Asafoetida (Hing)
1 Tsp Salt
1/2 Tsp Turmeric
1 1/2 Tsp Coriander & Cumin Powder
1/4 to 1/2 Tsp Chilli Powder (to your preference)

Preparation

1. Grate carrots using the medium teeth on the grater
2. Cut radish (remove top & bottom, cut into halves then into strips)
3. Cut Green Pepper (remove top, cut in half, remove core, cut into strips then into segments)
4. Finely chop coriander, use the stems (for more flavour!)

Method

1. Using a medium sized pan, add oil
2. Turn Heat to high
3. Add Mustard seeds (they'll start to pop)
4. Add Cumin Seeds & Asafoetida
5. Turn Heat to Low
6. Add the Carrots, Radish & Peppers. Stir round
7. Turn Heat to High
8. Add Salt, Turmeric, Coriander & Cumin Powder, Chilli powder
9. Stir around to infuse the spices with veggies.
10. Add the fresh coriander, stir and cook for about 1 to 2 minutes (So veggies are "Al dente" - half cooked - still crunchy)

Ready! Serve with...

Serve inside hot Pitta breads that are cut in half "pockets"

Add a little Soya yogurt, guacamole, hummous or vegan mayo into the pockets and stuff the veggies in each Pitta pocket

Serve as a side dish with a Dahl & rice, curry & rice or have it on its own!