

Mixed Vegetable Paratha Recipe | Paratha Veggie Medley



Parathas are traditional recipe to Northern Part of India made with vegetables, wheat flour and spices. They are very easy to make, good alternative to regular chapathi, very filling meal for dinner. Good to eat with simple onion raita as it has lot of vegetables in it.

Ingredients

- 1 and 1/2 Cup of Whole Wheat Flour**
- 2/3 Cup of Shredded Carrot**
- 2/3 Cup of Shredded Cabbage**
- 1/4 Cup of Green Capsicum/Bell Pepper**

2 Green or Spring Onions
1 Tsp of Ginger Garlic Paste
2 Tbsp of Dried Methi Leaves
1/2 Tsp of Turmeric Powder
1 Tsp of Coriander Powder
3/4 Tsp of Red Chilly Powder
1/2 Tsp of Cumin Powder
Pinch of Asafoetida
Pinch of Garam Masala
1/2 Tsp of Cumin
Salt, oil and water as needed

Method



- Take a pan with oil, add cumin and wait let it crackles then add ginger garlic paste and fry for a min.
- Add white part of the green onion, asafoetida, all veggie's(cabbage,carrot, bell pepper, green part of the onions and dried methi leaves) add one by one and fry for a 1-2mins. To that add turmeric, coriander powder, red chilly powder, cumin powder and garam masala. Add little water, mix and fry for 1-2 mins.(Don't add too

much of water and salt). Once it done, switch off the flame.

- In a wide bowl, add wheat flour, to that add salt, oil, veggie mixture and warm water. Mix well. Knead the dough like you do for chapathi. Keep aside for 15 mins.



- Heat a tawa or chapathi pan. Meanwhile make a equally sized balls out of the dough and roll it into a circular thin roti's



- Now cook the paratha in medium heat. When bubbles starts appearing, apply oil and flip it to the other side. Let the other side also get cooked.
- Serve it with onion raita or pickle or any subzi.



Tips

- **Finely chop the vegetables for this paratha.**
- **Don't add salt to veggie mixture as it makes the mixture soggy.**
- **Good Accompaniment for Stuffed paratha is onion raita.**
- **You can add any vegetable of your choice for stuffing.**



Health Benefits of Veggie Medley

- **Vegetables are home for antioxidants.**
 - **Vegetables are packed with soluble and insoluble fibers.**
 - **They are rich in vitamins and minerals.**
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Navratan Korma Recipe



Navratan means 9 gems, it includes 9 different vegetables and nuts. Navratan Korma is a famous mughlai dish. This korma is a mix of all veggies, nuts and spices which is absolutely delicious and rich in taste. Serve it with hot roti's and naan.

Ingredients

- 1/4 Cup of Carrot**
- 1/4 Cup of Beans**
- 5-6 Florets of Cauliflower**
- 1 Chopped Potato(Big)**
- 3-5 Paneer Cubes**
- 2 Tbsp of Oil or Butter**
- 1 Tsp of Mustard**
- 1 Tsp of Cumin**

1 Red Chilly
2 Pods of Cardamom
Few Curry Leaves(6)
1 Bay Leaves
7-10 Cashews
1/2 Cup of Onion
1 Tsp of Ginger Garlic Paste
1/2 Tsp of Turmeric
2 Tsp of Coriander Powder
1 Tsp of Chilly Powder
1/2 Cup of Bell Pepper(Capsicum)
1 Medium Size Tomato
1 Tbsp of Yogurt
2 Tbsp of Fried Onions
1 Tbsp of Kasturi Methi
1 Tsp of Garam Masala
Salt to taste

Method



- **Boil or Pressure Cook all the vegetables(carrot, beans, potato, paneer and cauliflower) by adding sufficient water. Once it done, keep it aside.**



BOILED VEGETABLES

- Heat a pan with oil or butter, add mustard seeds and cumin, wait till it crackles then add red chilly, let it turn to dark brown colour, add seeds of cardamom, curry leaves, cashews and bay leaves. Fry for few secs.
- Add chopped onions, ginger garlic paste. Fry for few mins until raw smell goes away.
- In a medium flame, add coriander powder, chilly powder and turmeric. Fry for few secs.



FRYING ONIONS, GG PASTE, MASALA POWDERS, BELL PEPPER AND TOMATO

- Immediately add chopped bell pepper and tomato. Fry for 2 mins. Add little water, salt and close the pan with a lid and wait for 2 mins so that oil separates from gravy.



ADDED WATER , SALT, YOGURT, FRIED ONIONS AND METHI

- **Now add little yogurt, fried onions and kasturi methi. Fry for 1 min. Switch off the stove. Let it cool for sometime. After that, grind it in a blender to a smooth paste.**
- **Again heat a pan with little oil, add boiled vegetables and pour the ground paste to it. Mix well. Cook for another 5 mins so that vegetables absorbs all the flavors and the gravy thickens and then switch off the stove.**
- **Navratan korma is ready to serve.**

Tips

- **Serve it with chapathi or phulka or naan.**
- **Use tofu instead of paneer.**
- **Add nuts of your choice.**
- **Add cream instead of yogurt for extra richness.**



Health Benefits of Navratan Korma

- This delicious korma is full of vegetables and nuts.
- Rich in proteins and vitamins.

[Methi Pulao](#) | [Vendayakeerai](#)
[Sadham](#) | [Fenugreek Leaves](#)

Pulao



Methi are also called Fenugreek in English. Methi Pulao is one of my favourite recipe. This is easy to cook and delicious in taste that can be done in few mins. Methi leaves are saute with spices and added to rice. It goes well with raita or papad. It's great for packed lunch.

Ingredients

- 1 Cup of Basmathi Rice**
- 1 Bunch of Methi Leaves**
- 2 Tbsp of Ghee**
- 2 Tsp of Jeera/Cumin**
- 12-15 Pepper**
- 2 Cloves**
- 1 Cinnamon Stick**
- 1 or 2 Cardamom**

1 Bay Leaf
3-4 Green Chillies
1 inch of Ginger
1/4 Cup of Peas
Salt and water as needed

Method



- Soak rice for 30 mins and wash the rice 1 or 2 times in cold water and keep it aside.
- Wash and finely chop the methi leaves, ginger and green chillies.
- In a blender, make a coarse powder of pepper, cloves, cinnamon, bay leaf and cardamom.
- Heat the ghee in a pan/cooker. Test the oil by adding one cumin seed; if seed crackles then your oil is ready. Add cumin seeds.
- The sheer smell of cumin seeds frying in hot oil makes it more appetizing .
- Add powdered spices and fry for few mins.
- Add green chillies, ginger and peas to a pan and fry for 2 mins.
- Now add chopped methi and fry for few secs.
- Then add soaked rice and fry for few secs.
- Add required water and salt and close the cooker. Wait for 1 whistles and turn off the stove.

- Hot delicious Methi Pulao is ready.

Tips

- Serve with papad, raita or any pickle.
- You can add onions if you want.
- You can also add carrot or bell pepper to this dish.
- For 1 cup of basmathi rice, I added 1.5 cups of water.
- For richness, add Coconut milk instead of water.



Health Benefits of Methi/Fenugreek

- Helps to treat diabetes and reduce cholesterol
- Helps in losing weight.
- Improves digestion.

