

SATVIC SABZI

METHOD



1. Take any 1 or 2 seasonal vegetables. Soak in water for about 2 hours to reduce the impact of chemicals in the vegetables.



2. Peel & chop the vegetables. Add to a clay pot along with some water. Close the lid and let them cook in water until soft.



3. Meanwhile, prepare the gravy. Blend together tomatoes, coconut, salt, chili, cumin and curry leaves until smooth.



4. Combine gravy with boiled vegetables. Close the lid, switch off the stove & let the gravy cook through the steam inside the pot for 10 minutes. Top with coriander & serve.

Note Do not re-heat sabzi after adding gravy. Coconut & tomatoes should never be cooked.

INGREDIENTS

SERVES 2

Any one or two seasonal veggies

Gravy

4 tomatoes

100 grams grated coconut

½ teaspoon rock salt

1 small green chili

cumin powder, to taste

2 coins ginger