

Easy Mixed Vegetable Curry (Dry, North Indian Style Sabzi)

This mixed vegetable curry recipe is PERFECT for weeknights. It is flexible enough so you can use the vegetables you have in your fridge and comes together with minimal effort. A simple and healthy dry vegetarian/vegan sabzi that tastes delicious with Indian breads like roti or chapati.

CourseLunch/Dinner

CuisineIndian

Keywordmixed vegetable curry, mixed vegetable sabzi

Prep Time10 minutes

Cook Time25 minutes

Total Time35 minutes

Servings4

Calories271.3kcal

AuthorSaima Zaidi



Ingredients

- 3 tbsp cooking oil
- 1 tsp cumin seeds
- 1 medium red onion sliced fine
- 1 tsp chopped ginger
- 1 tsp chopped garlic
- 2 small tomatoes chopped
- 1 tsp coriander powder
- 1 tsp red chilli powder
- 1/2 tsp turmeric powder
- salt to taste
- 1 cup sweet peas
- 1 cup diced carrots
- 2 cups cauliflower florets
- 1 cup diced French beans
- 1.5 cups diced potatoes

Instructions

1. Heat the oil in a deep pan or karahi (wok) and add the cumin seeds and onions.
2. Fry the onions until they start to caramelize and turn brown.
3. Add the ginger, garlic and tomatoes. Cook until the tomatoes break down and soften. You can add a splash of water if the masala is too dry.

4. Add the spices (coriander, red chilli and turmeric) and salt and stir well.
5. Add the remaining vegetables - peas, carrots, cauliflower, beans and potatoes. Add a splash of water, mix and cover the pan. Cook on low-medium heat until the vegetables are cooked through but not mushy. Serve hot with Indian bread like roti or paratha.

Notes

1. Don't add too much water or the vegetables will turn mushy.
2. Chop or dice the vegetables into small even sized pieces to allow for uniform cooking.
3. You can substitute with other vegetables like bell peppers, baby corn, mushrooms or cabbage.
4. For an interesting variation, add paneer or tofu depending upon your dietary preferences.
5. You can use frozen vegetables too in this recipe, but remember not to add any water in this case.
6. For a spicy curry, add a couple of slit green chillies and a pinch of garam masala.

Nutrition

Calories: 271.3kcal | Carbohydrates: 36.4g | Protein: 8.3g | Fat: 11.5g | Saturated Fat: 0.9g | Polyunsaturated Fat: 9.9g | Sodium: 390.4mg | Fiber: 10.5g | Sugar: 6.5g