



Pav-Bhaji (Curried Mashed Vegetable Sloppy Joe)

(Serves 4)

- 2 cups (3 medium) boiled, peeled and diced potatoes
- ½ cup Cauliflower florets (boiled)
- ½ cup frozen green peas (boiled)
- ½ cup Italian or Japanese Eggplant peeled, diced, and boiled
- 2 Garlic cloves finely chopped
- 2 large tomatoes deseeded and finely chopped
- 1 medium red onion finely chopped
- 2 tablespoons of Seven Happy Seeds Pav-Bhaji & Biryani Spice
- 2 tablespoons cilantro finely chopped
- 1 lemon cut into wedges
- 1 teaspoon brown sugar or white granulated sugar
- 1 stick butter, divided in half
- 8 hot dog buns (sliced)
- 1 teaspoon salt (or to taste)
- ¼ cup water

Shopping List:

- Potatoes
- Eggplant
- Frozen Green Peas
- Cauliflower
- Onions
- Tomatoes
- Garlic Pods
- Cilantro Sprigs
- Butter
- Lemon
- 8 hot Dog buns (sliced)

1. Melt half stick of butter in a cooking pan (do not let butter brown). Add minced garlic and Pav-bhaji spice and sauté lightly until fragrant.
2. Add tomatoes and cook until soft.
3. Add vegetables, and mash them into small pieces (Vegetables may be pressure cooked).
4. Add salt, sugar, and water, and simmer for 10-12 minutes on low heat with occasional stirring. Add more water if too dry (consistency should be like pancake batter).
5. Garnish with chopped cilantro, onions, a thin sliver of butter and lemon wedges.
6. Serve as a side with hot dog buns pan-toasted with butter, or build a sloppy Joe.