



---

Posted on 15 August 2013  
*by Anjana Chaturvedi*

## Cabbage and Carrot Sambharo



## Ingredients

Carrot,grated- 2  
Cabbage,shredded- 3 cup  
Capsicum,juliennes- 3/4 cup  
Turmeric powder- 1/2 tsp  
Salt- to taste  
Lemon juice- 2.5 tsp  
Sugar- 2.5 tsp  
Salt-To taste  
<strong>Tempering</strong>  
Cooking oil- 3 tbsp  
Mustard seeds -1.5 tsp  
Asafoetida- 1/3 tsp  
Curry leaves- 10  
Green chilies,slit lengthwise-3

## Preparation

- 1 Heat oil in a pan and add mustard seeds.
- 2 When seeds start crackling add asafoetida,curry leaves and green chilies.
- 3 Now add turmeric powder and grated cabbage and saute for few seconds.
- 4 Then add capsicum juliennes, grated carrot,salt and mix well.
- 5 Cover and cook on medium flame for 2 minutes or till slightly cooked but remain crisp and crunchy.
- 6 Add sugar and lemon juice, mix well and remove from the gas stove.
- 7 Serve hot and fresh.
- 8 Serving suggestions- Serve as a salad, side dish or as a filling for sandwiches.

## Cooks Note

Preparation time-15 min  
Cooking time- approx 5-8 min  
Cuisine- Indian,Gujarati  
Type-side dish,salad  
Serve-4

<http://maayeka.blogspot.com> [6]

