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
Tempering
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]