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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

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