

Lunchbox Recipes

Real Fruit Power Whole Wheat Dalia With Vegetables



HEALTHY DALIA MIXED VEGETABLE MAGIC

Looking for a simple and healthy recipe for your kid? Try whole-wheat dalia with vegetables to cook a delicious and healthy snack for all.

INGREDIENTS:

- Egg plant- 1 (cut into 5-6 pieces)
- Potato- 1 (peeled and chopped)
- Carrot-1 (peeled, chopped, and boiled)
- Oil- 1 teaspoon
- Black lentil- ¼ teaspoon paste)- 1 tablespoon
- Cumin seeds- ¼ teaspoon
- Mustard seeds- ¼ teaspoon
- Asafetida- a pinch
- Garlic – 1-2 cloves (chopped and crushed)
- Onion-1 (peeled and sliced)
- Curry leaves- 4-5
- Salt for taste
- Red chili powder- ¼ teaspoon
- Turmeric powder- ¼ teaspoon

METHOD FOR PREPARATION

Step 1

Cut the Egg plant into small pieces and soak in a bowl of water to avoid being oxidized.

Step 2

Cut the potato into 4-5 pieces.

Step 3

Add oil in a kadai.

Step 4

Once the oil is heated, add black lentil

Step 5

Add cumin seeds.

Step 6

Add mustard seeds



METHOD FOR PREPARATION

Step 7

Add a pinch of asafetida.

Step 8

Stir fry for a few minutes.

Step 9

Add onion pieces and stir.

Step 10

Add chopped and crushed garlic cloves.

Step 11

Sprinkle some curry leaves.

Step 12

Sauté for a few minutes.

Step 13

Add chopped potato and fry for 2 minutes.

Step 14

Add chopped Egg plant and stir fry.

Step 15

Add peas and sauté for a few minutes.

Step 16

Sprinkle salt for taste.

Step 17

Add red chili powder and turmeric powder.

Step 18

Stir fry for a few minutes and add water and allow the vegetables to cook.

Step 19

Once half-cooked, add boiled dalia and carrots and stir well to mix it evenly with the cooked vegetables.

SERVING SUGGESTION:

Garnish with marshmallows. Serve hot.

GOODNESS

Healthy Dalia Mixed Vegetable Magic packed with the goodness of dalia, lentil, and vegetables makes a wholesome and tasty snack for your kids; Double the benefits and twice the fun.

