

Amla Methi Sukhi Sabzi - Healthy Diabetic Sabzi

Recipe Makes: 2 serving

Nutritional Value (per serving)

Calories: 123 kcal **Protein:** 2.2 g **Carbohydrate:** 13 g **Fat:** 7.3 g

Gooseberry or Amla are a rich source of Vitamin C and found in plenty in the winter months. It is extremely tangy to taste when eaten raw. Along with high Vitamin C content, its rich in Calcium, Phosphorus and Iron. It enriches hair growth, aids in eye care and improves metabolic activity. Vitamin C is an important mineral that is essential to the absorption of Calcium in our body, since Amla is high in Vitamin C it is important to include it in the diet, to maintain bone health.

Ingredients

100 grams Amla (Gooseberry)

Water, as required

1 tablespoon Oil

1/4 teaspoon Cumin seeds (Jeera)

1/4 teaspoon Fennel seeds (Saunf)

1/4 teaspoon Ajwain (Carom seeds)

1 Asafoetida (hing), a pinch

1 Green Chilli, finely chopped

1/2 inch Ginger, finely chopped

2 cloves Garlic, finely chopped

1 Onion, thinly sliced

1 Tomato, finely chopped

Salt, to taste

1/4 teaspoon Turmeric powder (Haldi)

50 grams Methi Leaves (Fenugreek Leaves), washed and finely chopped

1/2 teaspoon Garam masala powder



- 1/2 teaspoon Coriander Powder (Dhania)
- 1/2 teaspoon Cumin powder (Jeera)
- 1 sprig Coriander (Dhania) Leaves, finely chopped

Instructions

1. To begin making the recipe, In a saucepan, add water and bring to a rolling boil.
2. To the boiling water add the whole, washed and cleaned amla. After about 4-5 minutes, turn off the heat.
3. Drain the excess water and transfer the amla into a bowl and allow it to cool.
4. Once cooled, remove the seeds from the amla, by making a slit on one of the sides and you will see the quarters fall apart.
5. Using a knife, cut the amla into quarters and set aside.
6. Heat a kadai on medium flame, add the oil .
7. Once the oil is hot, add in the cumin seeds, fennel seeds and ajwain seed.
8. When they begin to sizzle, add in the green chillies, ginger and garlic and sauté for a few seconds.
9. At this stage, add in the onions, and sauté until they turn transparent, this will take about 3-4 minutes on medium to high heat.
10. Once the onions have softened and cooked through, add the tomatoes and sprinkle a few drops of water, cover and cook.
11. Add salt and turmeric powder and continue to cook the mixture until it turns mushy. This will take about 5 minutes.
12. Once the onion - tomato mixture has come together, push it aside in the pan, and add the methi leaves into the pan.
13. Mix gently allowing it to cook through as the leaves will wilt down.
14. As the methi leaves wilt down mix it along with the onion tomato base, and add in the dry spice powders - garam masala, cumin powder and coriander powder.
15. Add in the cooked wedges of amla, add about 2 tablespoons of water, mix and cover. Let it simmer on low flame for 2-3 minutes and turn off the heat. Check the salt and adjust to taste accordingly.
16. Transfer it to a serving dish and serve hot.

