

## Healthy Pav Bhaji

Makes- 4 cups

### Ingredients

- 3 medium boiled potato, mashed
- 1 carrot, cubed
- 2 medium onion, chopped
- ½ cup cauliflower, chopped
- 1 cup blanched peas, shelled
- 3 pinch salt
- 8 whole wheat bread/ 8 small pavs/ 8 phulkas/ 4 paratha
- 2 teaspoon garlic paste
- ¼ cup green beans
- 4 medium tomato, chopped
- 1 deseeded capsicum, chopped
- ½ tablespoon ginger paste
- 2 chopped green chilli
- 2 tbsp melted butter
- 1 medium lemon wedges
- 2 teaspoon pav bhaji masala

### Recipe

- Pressure-cook the peas, cauliflower florets, carrots and beans. Drain and mash coarsely. Heat 1 tbsp of butter in a pan and add three fourth quantity of onions. Sauté till light golden in colour. Add green chillies and ginger-garlic paste. Stir-fry for half a minute. Add pav bhaji masala and chopped capsicum and stir fry for a minute.
- Puree the tomatoes. Add tomatoes puree to the pan with onions. Add mashed peas, cauliflower, potatoes and 2 cups of water. Bring it to boil and simmer for ten minutes, pressing with back of the spoon a few times, till all the vegetables are completely mashed and blended together.
- Apply the butter to all the 8 slices of pavs. Heat the tava. Place the pavs on the pan and cook on both sides till the pav/bread is crisp and light brown. Garnish the bhaji with chopped coriander leaves, and serve hot with pav /bread chapati or paratha accompanied with remaining chopped onion and lemon wedges.