



Vegetable Jalfrezi Recipe

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Both essential aspects of Spicy and fried come together in a pan to create the Bangalee “Jalfrezi”. A colourful medley of veggies takes a quick turn in the hot pan alongside a vibrant sauce that's both spicy and tangy - the perfect finishing touch to this delight!

Please note that Vegetable Jalfrezi is very easy and extremely healthy. It can be prepared in 20 minutes, and the vegetables in the dish can be altered to your liking. Here's one for vegetarians, too!

Sunrise Fact Check: Veg Jalfrezi is a British-Indian invention that traces its roots back to Bengal. This dish is a delicious explosion of colourful veggies and bold spices. It carries the essence of both and has become a crowd-pleaser everywhere.

Let's Get Started

Ingredients

2 tbsp Sunrise Sabji Masala
1 tbsp Sunrise Sahi Garam Masala
300 g Assorted Baton Vegetables
2 tbsp Ginger-Garlic Paste
2 pcs Dry Red Chilli
1 tsp Whole Cumin
1 Sliced Onion
20 ml Mustard Oil

75 g Paneer
Finely Chopped Coriander
1 tsp Red Chilli Powder
1 tsp Turmeric Powder
1 Diced Tomato
2 tsp Ghee
15 g Peas
Salt & Water

The Prep

- Slice the onion.
- Dice the tomato.
- Cut the paneer into small cubes.
- Prepare 300 g of assorted baton vegetables.
- Finely chop the coriander.

The Cook

- Heat 20 ml of mustard oil in a pan.
- Add 2 tsp of ghee and let it melt.
- Add 2 dry red chillies and saute briefly.
- Add 2 tsp of whole cumin and let them splutter.
- Add 2 tbsp of ginger-garlic paste and stir well.
- Add the sliced onions and saute until golden brown.
- Add the diced tomatoes and cook until they soften.
- Add 300 g of assorted vegetables and mix well.
- Add 15 g of peas and stir.
- Cook the vegetables for 2-3 minutes.
- Add the paneer and mix gently.
- Add 1 tsp of Sunrise turmeric powder and stir.
- Add 1 tsp of Sunrise red chilli powder and combine.
- Add salt to taste.
- Add 2 tbsp of Sunrise sabji masala and mix thoroughly.
- Cook for another 2-3 minutes.
- Add water to adjust the consistency.
- Cover the pan and cook for 10 minutes.
- Open the lid and add Sunrise Sahi Garam Masala.
- Add finely chopped coriander and mix well.



Sunrise tip: If you feel the veggies are not tender enough to your liking, splash a little water. You may cover and cook for a few minutes.

Sunrise Taste Check

Veggie Jalfrezi offers a warm hug on a rainy day and is perfect with a comforting bowl of Basmati and can be served with pasta if you're in the mood for a British touch!

Video Link

<https://www.youtube.com/watch?v=ioEiMnTvWYQ>