



Ajwain wali Gajar Sabzi

SERVINGS: 7-8

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

2 cups gajar/carrots peeled and diced or chopped

2 tablespoons Ghee/oil

1 teaspoon ajwan/carom

Pinch of salt

½ teaspoon haldi/turmeric powder

½ teaspoon mirchi/red chili powder

Pinch of mirch/black pepper

Instructions

- **Prep:** Clean, peel and dice or chop carrots.
- **Sauté:** Heat a pan over medium high heat then add ghee or oil. Lower the heat, add ajwain and allow to bloom for a few seconds. Season with salt, turmeric, and chili powder.
- **Combine:** Carefully add carrots to the pan and stir to coat evenly.
- **Cook:** Cover and cook on medium low heat for 20 minutes, or until carrots are cooked. If needed, you can add a small amount of water to the pan to prevent sticking.
- **Serve:** This is a great summer side dish and can be garnished with cilantro, carrot tops, and/or lime juice!

Please read tips and variations below. If you are not Pitta Prakriti, smash, peel, and roughly chop garlic after preparing carrots in step 1, and sauté after heating ajwain in step 2.

Tips and Variations

This recipe traditionally calls for 1-2 cloves of garlic. If you are Pitta Prakriti, prone to heating symptoms, or often have loose stool, I do not recommend using garlic.

