

Sweet potatoes sabzi recipe

- 1 tablespoon Oil ** If making during vrat or upvas please use peanut oil or ghee.
- ½ teaspoon Cumin seeds
- ½ teaspoon Sesame seeds
- 3-4 Cashew nuts chopped, optional
- 2 small Green chili chopped finely
- 200 grams or 1 ½ cups Sweet potatoes cut into cubes
- Salt to taste ** If making during vrat or upvas, please use rock salt aka sendha namak
- 1 tablespoon Peanuts crushed
- 1 tablespoon Desiccated coconut
- 1 teaspoon Lemon juice
- 1 tablespoon Cilantro or coriander leaves chopped finely

Instruction

Heat the oil or ghee, add cumin seed, sesame seed and cashew nuts sauté for 2 minutes

Add sweet potatoes and green chilli cook for until the sweet potatoes are until cooked, may have to add couple of spoon of water.

Season with salt, add peanuts, desiccated coconut,

Finish with lemon and coriander