

Treasure Barrel

Mix Vegetable Koftay Recipe: Easy Vegetarian Dinner Idea

30 min Prep time	**40 min** Cook time	**1 h 10 min** Total time
4 Servings	**Medium** Difficulty	**Indian** Cuisine

Ingredients

For the Koftas

- [ ] 2 cups mixed vegetables (potatoes, carrots, peas, beans), boiled and mashed
- [ ] 1/2 cup besan (chickpea flour)
- [ ] 1 small onion, finely chopped
- [ ] 2 green chilies, finely chopped
- [ ] 1 tablespoon ginger-garlic paste
- [ ] 2 tablespoons fresh cilantro, chopped
- [ ] 1 teaspoon garam masala
- [ ] 1/2 teaspoon red chili powder
- [ ] Salt to taste
- [ ] Oil for frying

For the Gravy

- [ ] 2 tablespoons oil
- [ ] 1 large onion, finely chopped
- [ ] 2 tomatoes, pureed
- [ ] 1 tablespoon ginger-garlic paste
- [ ] 1/2 cup yogurt, whisked
- [ ] 1 teaspoon cumin seeds
- [ ] 1 teaspoon coriander powder
- [ ] 1/2 teaspoon turmeric powder
- [ ] 1 teaspoon red chili powder
- [ ] 1 teaspoon garam masala
- [ ] 1/2 cup water
- [ ] Salt to taste
- [ ] Fresh cilantro for garnish

Instructions

1. Start by preparing the kofta mixture. Take the boiled and mashed vegetables in a large bowl. Make sure they're completely cooled and as dry as possible. I usually spread them on a plate for a few minutes to let any remaining moisture evaporate.

2. Add besan, chopped onion, green chilies, ginger-garlic paste, cilantro, and all the spices to the mashed vegetables. Mix everything together with your hands until well combined. The mixture should be firm enough to hold its shape when rolled.

3. Divide the mixture into equal portions and shape them into smooth, round balls. Place them on a plate and let them rest for 10 minutes. This helps them firm up before frying.

4. Heat oil in a kadai or deep pan on medium heat. Gently slide in the koftas, a few at a time, making sure not to overcrowd the pan. Fry until golden brown on all sides, then remove with a slotted spoon and drain on paper towels.

5. For the gravy, heat oil in another pan. Add cumin seeds and let them sizzle. Add chopped onion and sauté until golden brown. The scent that rises up at this point is just... heavenly.

6. Add ginger-garlic paste and cook for a minute until the raw smell disappears. Then add the tomato puree and all the dry spices except garam masala. Cook until the oil starts to separate from the masala.

7. Lower the heat and add the whisked yogurt gradually, stirring continuously to prevent curdling. Cook for 2-3 minutes until well incorporated. Sometimes I think making gravy is like baking banana bread - it's all about patience and paying attention to the details.

8. Add water to adjust the consistency of the gravy. Simmer for 5-7 minutes. Finally, add garam masala and adjust salt. Gently place the fried koftas into the gravy, garnish with fresh cilantro, and serve hot.

Nutrition per serving

280 kcal	8 g	30 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- Squeeze boiled vegetables thoroughly to remove excess water
- Fry koftas on medium heat to cook them evenly inside
- Let the gravy simmer gently for best flavor development
- Serve immediately after adding koftas to maintain texture