

Balti Stir-fried Vegetables with Cashews

Balti is a type of cooking vessel that looks like a wok, used heavily in the UK, where there is a large Indian population. Balti is in the Kashmir region of India near northern Pakistan. Use this recipe as a guide and add or subtract vegetables based on what you have in your kitchen. Just remember to cut all the vegetables the same size so that they cook evenly.

2 medium	carrots, peeled and sliced	2 Tablespoons	canola oil
1	red pepper, cut into 2" strips	½ teaspoon	cumin seeds
1	green pepper, cut into 2" strips	4	dried chiles, stems removed and crushed
2	zucchini, cut in rounds	¼ cup	cashew nuts, coarsely chopped
1 cup	green beans, cut into 2" pieces	1 teaspoon	salt
5	spring onions, sliced	2 Tablespoons	lemon juice
1 Tablespoon	ginger root, minced	8	fresh mint leaves, sliced for garnish
2 cloves	garlic, minced		

- 1 Prep the vegetables (first 8 items) by doing all the chopping and set aside.
- 2 Heat the oil to medium heat in a wok or skillet and fry the cumin seeds and chiles for 1 minute. Add in garlic and ginger root and cook for another minute.
- 3 Add vegetables and nuts and stir them around gently. Cook for about 5-7 minutes or until vegetables are tender. Add the salt to taste and lemon juice. Transfer the vegetables to a serving dish and garnish with the fresh mint leaves and serve immediately.

Servings: 6

Preparation Time: 15 minutes

Cooking Time: 7 minutes

Total Time: 22 minutes

Nutrition Facts

Nutrition (per serving): 121 calories, 67 calories from fat, 7.7g total fat, 0mg cholesterol, 415.3mg sodium, 469.4mg potassium, 12.2g carbohydrates, 3.6g fiber, 4.9g sugar, 3.1g protein.

Source

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Source: Inspired by Healthy Indian Cooking Cookbook

