

# Sweet Corn and Capsicum Gravy Recipe



- Total Time 25m
- Prep Time 10 m
- Calories 178

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Sweet Corn and Capsicum Gravy is an easy-to-make main dish recipe. The dish is prepared by using sweet corns and chopped capsicums that are blended together with the mixture of yoghurt and soaked cashew, which gives it a smooth yet chewy texture. This sweet corn and capsicum gravy is a unique yet flavoursome combination. It is a must try dish for all the vegetarian food lovers. You can serve this dish to your guests on occasions like family get-togethers, potlucks or buffets. You can pair it up with cooked rice and hot chapattis and is a perfect recipe for your lunch or dinner. So, prepare this North Indian recipe at home and enjoy with your loved ones!

### **Ingredients of Sweet Corn and Capsicum Gravy**

- ❖ 1 cup frozen sweet corn
- ❖ 1 yellow bell pepper
- ❖ 2 medium onion

- ❖ 1 green chilli
- ❖ 1/2 cup yoghurt (curd)
- ❖ 1 cup water
- ❖ salt as required
- ❖ 1 capsicum (green pepper)
- ❖ 1 red bell pepper
- ❖ 1 tomato
- ❖ 1 teaspoon ginger paste
- ❖ 2 tablespoon soaked cashews
- ❖ 4 teaspoon vegetable oil

## How to make Sweet Corn and Capsicum Gravy

### ❖ **Step 1**

Take a pan and heat 2 tsp of oil on medium flame. Chop the onions and ginger and add them to the pan. Saute for a couple of minutes until the onions turn crisp and brown. Now, add chopped tomatoes and cook until the tomatoes are soft and tender. Remove from the flame and let it cool down for a while.

### ❖ **Step 2**

In a blender add the tomato-onion mixture, curd, 1 tbsp of soaked cashews and water. Grind the ingredients properly to form a consistent paste. Take a pan, heat oil in it and add cumin seeds. Saute the seeds for a while and then add the blended cashew mixture with chopped capsicum.

### ❖ **Step 3**

Stir the gravy continuously for 5 minutes. Add salt as per your taste and again stir for a while. Garnish it with cashews and serve hot with cooked rice or chapattis and enjoy!