

PRIMAL PAV BHAJI

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Craving Indian food that's Paleo? How about pav bhaji without the pav?

The fun's in the bun you say? I say it's in the butter and in the cheese on top. The fun's also when your tum feels so much happier because you decided to say goodbye to the bread.

So here's a recipe for lettuce wrapped Pav Bhaji.

Ingredients:

- 1/2 cup butter
- 2 teaspoons chopped garlic
- 1 teaspoon finely chopped green chili peppers
- 1 cup chopped onions
- 2 teaspoons grated fresh ginger
- 1 cup chopped roma (plum) tomatoes
- 2 cups cauliflower, finely chopped
- 1 cup chopped cabbage
- 1 cup green peas
- 1 cup grated carrots
- 2 avocados, mashed
- 3 tablespoons pav bhaji masala
- salt to taste
- 1 tablespoon lemon juice
- 3 tablespoons grated cheese.

Large lettuce leaves, romaine lettuce or green leafy lettuce from Nature's Basket.

Method:

Heat the butter in a wok over medium heat. Saute garlic and green chilies for 30 seconds, then stir in onions and ginger. Cook until onions are brown. Add tomatoes, and cook until pasty. Stir in cauliflower, cabbage, peas, carrots and avocado. Season with pav bhaji masala. Cover, and cook for 15 minutes, stirring occasionally. Season with salt, and stir in lemon juice.

- Scoop bhaji into lettuce leaves and top with grated cheese. Roll up lettuce leaves and close with a toothpick.

This messy meal which you will end up eating with your hands smells of cheese and butter and warm Indian masalas. For paleo Indian folks out there who won't miss the bread, this indeed is a winner as the lettuce nicely takes the excess masala off the bhaji. For those of you who may miss the pav, why not give [paleo bread](#) a shot?

Let me know if you try eating your pav bhaji this way in the comments section!

thanks for reading!

Also read : The South Asian Health Solution by Dr Ronesh Sinha (link on left side panel)

