



**Healthy Indian Bites**

Eat Healthy, Live Healthy.



Sarson Chutney - Fresh Mustard leaves sauce food recipe is simple to cook, sufficiently delicious and full of good nutrients. There are many good mustard seeds chutney, that is cooked with mustard seeds. Mustard seeds has lot of health benefits. In [HealthyIndianBites](#), we made best use of mustard leaves, mustard oil and peanuts to make right balance of it and bring best of all. Fragrance of mustard oil enhances sensation of flavor perceived in a mouth, with crunchy taste of crushed peanuts, adds sensory liking in every little bite. It takes 10-15 minutes to cook recipe. Recipe is quite easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly.

In [HealthyIndianBites](#) food blogs, we try to cook and promote healthy nutritious food recipes. Hopefully, viewers like it. We look forward for your comments and suggestion. For latest and regular updates, enroll us on our [newsletter](#). For live demo on cooking, please refer our cooking channel on [Social Media](#).

**Instagram ID: [Healthy.Indian.Bites](#)**

**Youtube and Facebook: [HealthyIndianBites](#)**

Best way to cook Mustard Greens.



*Kitchen Ingredients:*

- 250 gm chopped and [blanched](#) Mustard Greens.
- 2 teaspoon [Kachi Ghani](#) Mustard oil.
- 1 teaspoon Chickpea/Gram flour.
- 5-10 gms Jaggery.
- 2-3 strands of Tamarind.
- Roast 50 gms Peanut.
- 2-3 Green Chili.

- 1 teaspoon Salt.
- 1 teaspoon Sesame seeds.
- 1 teaspoon crushed whole Pepper.

*Cooking Ideas:*

1. Boil and blanch 250 gm chopped Mustard Greens in a Salt.
2. Mix 1 teaspoon Mustard oil to 1 teaspoon Gram flour in a bowl.
3. Roast on a pan mustard oil and Gram flour mix.
4. Add Jaggery and Tamarind to it as well.
5. Grind Sarson leaves. Mix it to a pan as well.
6. Roast Peanut to 1 spoon oil.
7. Add Green chili to it as well.
8. Add Grinded mix to a pan. Roast well on a low flame.
9. Add Sesame, crushed Pepper and Salt to it, mix well to form a paste.

Health Benefits of Eating Mustards.

There are number of benefits eating [Cruciferous vegetables](#). We have listed few below:



1. It contains Vitamin A, Vitamin B6, Vitamin C, Vitamin E and Vitamin K that is rich in fiber and [micronutrients](#) helps for skin care, have benefits of eye and heart health.
2. Contains antioxidants that help protect against [oxidative stress](#) that can cause cancer.
3. Also, they belong to [Cruciferous](#) family of vegetables that helps to raise [metabolism](#) and helps lose weight.

Mustard oil Online Purchase??

A good quality mustard oil is available in a market at the cost of RS 150 to RS 200 for a liter of a bottle. Various brands of it are available like Fortune, Dalda, Gulab, Patanjali and Emami etc. These can be bought from nearby grocery store or can be bought online as well from e-commerce websites like [Amazon](#), [Flipkart](#), [IndiaMart](#), [JioMart](#) and [RelianceMart](#) etc.