

**Recipe- Mirch ka Salaan (Jain Style/ No Onion No Garlic)**

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**Recipe- Lauki Kofta Curry (Jain Style/ No Onion No Garlic) (No fry Kofta)**

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**Recipe- Vegetable Spring Roll (Baked)**

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**Recipe- Coconut Chutney**

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# Recipe- Poha