

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

---

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

---

**Recipe- Soyabean Spinach Curry**

---

**Recipe- Jain Chole Bhature**

---

# **Recipe- Palak Malai Matar**