

Hara Bhara Kebab Recipe

"Where flavors meet the warmth of tradition"

About the Dish

Hara Bhara Kebab is a wholesome and delicious Indian snack made with spinach, peas, and potatoes. It's crisp on the outside, soft inside, and bursting with earthy flavors — perfect for cozy evenings or family gatherings.

Tags

- Starter
- Spicy
- Healthy
- Vegan Friendly

Quick Info

- Prep Time: 20 mins
- Cook Time: 25 mins
- Difficulty: Easy

Ingredients

- Spinach – 1 cup (blanched)
- Green peas – ½ cup (boiled)
- Boiled potatoes – 2 medium
- Green chili – 1 finely chopped
- Bread crumbs – as needed

Special Blend

Combine coriander powder, garam masala, and roasted cumin powder. This aromatic mix enhances the kebab's deep green flavor and adds that irresistible rustic touch.

Preparation Steps

- Step 1: Blend the greens

Wash and blanch the spinach to remove bitterness. Boil the green peas until tender. Combine spinach, peas, and finely chopped green chili in a blender. Blend into a coarse paste — this will form the fresh, earthy base of the kebabs.

- Step 2: Mix with potatoes and spices

Boil and mash the potatoes until smooth. Add them to the spinach-pea paste. Incorporate coriander powder, garam masala, roasted cumin powder, and salt. Knead until you get a uniform, pliable mixture that holds together well.

- Step 3: Shape the kebabs

Take small portions of the mixture and shape them into round or oval patties. Coat each patty evenly with bread crumbs; this ensures they become crisp when fried.

- Step 4: Cook until golden

Heat oil in a shallow pan. Fry the kebabs on medium heat until each side is golden brown and crisp. Drain excess oil on paper towels. Serve hot with chutney.

Chef's Tip

Refrigerate the kebabs for 10 minutes before frying. This helps them hold their shape and turn extra crispy.

Quick Serving Info

Serve hot with mint chutney or tamarind sauce. Perfect for house parties, picnics, or cozy tea-time moments.

Garnish

Garnish with onion rings, lemon wedges, and a sprinkle of chaat masala for an authentic touch.

Nutritional Value (per serving)

- Calories: 120 kcal
- Protein: 6 g
- Carbohydrates: 15 g
- Fat: 4 g
- Fiber: 3 g

“Cooking is love made visible.” ♥