



## Crunchy Dalia Tikkis

Serving: 1

Veg

### *Ingredients*

- Serves 1
- -2 tbsp dalia (cracked wheat) roasted
- -3 tbsp grated cauliflower, soaked in hot water for 10 minutes
- -3 tbsp home-made paneer
- -Salt to taste
- - $\frac{1}{2}$  tsp red chilli powder
- -1 green chilli, finely chopped
- -Small piece of ginger, finely chopped
- - $\frac{1}{2}$  tsp coriander powder
- - $\frac{1}{2}$  tsp garam masala
- - $\frac{1}{2}$  tsp amchur powder
- -1 tbsp finely chopped coriander leaves
- -Juice of  $\frac{1}{2}$  lemon
- -1 tsp oil for cooking

### *Preparation Method*

- -Soak roasted dalia in enough water for 1 hour. Strain and squeeze out excess water by pressing well.
- -Strain the soaked cauliflower. Squeeze excess water from home-made paneer through a muslin cloth and mash well.
- -Combine all the ingredients and form into patties.
- -Shallow fry in 1 tsp oil in a non-stick pan till golden brown.
- -Serve hot with chutney and curds.