



Lentil Brown Rice Tikki

Serving: 1

Veg

Ingredients

- Serves 1
- $\frac{1}{4}$ cup brown rice
- $\frac{1}{4}$ cup dhuli masoor dal, wash and soak in 1 cup water
- 1 tsp oil
- $\frac{1}{2}$ tsp green chilli paste
- $\frac{1}{2}$ tsp ginger-garlic paste
- $\frac{1}{2}$ tsp roasted jeera powder
- Salt to taste
- $\frac{1}{4}$ tsp black pepper powder
- 1 tsp lemon juice
- 1 tbsp fresh mint leaves (pudina), finely chopped
- 1 tbsp coriander leaves, finely chopped
- 2 tbsp roasted chana (dalia), grind in a mixer to a powder
- **To coat**
- Bread crumbs of 1 slice of brown bread

Preparation Method

1. Boil rice in 1 cup water and salt on low heat till the rice is soft and the water is absorbed.
2. Boil the masoor dal in water mixed with salt and turmeric powder. Strain excess water and keep the dal aside.
3. Heat $\frac{1}{2}$ tsp oil in a non-stick pan on a medium flame, add green chillies and ginger-garlic paste and saute for 2 minutes.
4. Add boiled dal, rice, salt, jeera and pepper powder. Mix well and stir on medium flame for 3 to 4 minutes till all the water evaporates.
5. Add lemon juice, mint and coriander leaves. Mash roughly.
6. Sprinkle roasted chana powder over the mixture, mix gently. Give the shape of a tikki.
7. Roll each tikki in bread crumbs to coat all over. Keep in the refrigerator for 30 minutes or till serving time.
8. Roast on a non-stick tawa until golden brown on both sides. Serve hot with green chutney.