



Oats falafel

Serving: 1

Veg

Ingredients

- -2 tbsp roasted and powdered oats
- - $\frac{1}{4}$ cup kabuli chana
- -2 tbsp green moong
- -1 tbsp onion chopped
- -1 tsp garlic chopped
- -2 tbsp coriander chopped
- -1 tsp cumin powder
- -1 tsp chat masala
- -1 tbsp rava
- -1 tsp sesame seeds
- -1 pinch baking powder
- -1 tsp oil
- -salt and chili to taste

Preparation Method

- -Soak kabuli chana and moong for 30-60 minutes. Drain and grain coarsely with mint , coriander and garlic .
- -Add all ingredients and shape into 3-4 flat patties (tikkies)
- -Brush with little oil and grill / cook in a non stick pan/ tawa till crisp and golden .