



Hariyali Tikki with Chole (OP I)

Serving: 1

Veg

Ingredients

- -Chopped Spinach - half cup
- -Roasted Cumin seed - $\frac{1}{4}$ Teaspoon
- -Sweet potato (boiled) - 2 tbsp
- -Rava - 1 tbsp
- -Red chilli powder - $\frac{1}{4}$ teaspoon
- -salt to taste
- For Chole
- -Chickpeas (kabuli chana) soaked and boiled - 2 tbsp
- -onion chopped - 1 medium size
- -coriander powder - $\frac{1}{4}$ tsp
- -Turmeric powder - $\frac{1}{4}$ tsp
- -Chopped tomato - 1 medium size
- -Oil - half tsp
- -Fresh coriander leaves chopped - 1 tablespoon
- -Water - 1 cup
- -Salt - to Taste

Preparation Method

- -Add together Spinach ,rava ,red chilli ,cumin seed ,Mashed boiled potato and salt . mix all ingredients well to make a shape them in to tikkis Pre heat the oven
- -Bake it till the tikkis turn golden brown on both the sides
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- -For chole ,Grind together green chilles ,coriander Powder, Onions , Turmeric powder
- -Take a pan heat $\frac{1}{2}$ tsp oil . add ground paste and Saute for 2 to 4 mins till it turns golden brown.
- -Add salt and tomato stir well now add chole
- -Add $\frac{1}{2}$ cup water . mix well and boil for 3 to 5 mins . Remove from heat .
- -Arrange the tikkis on a plate , Add the chole gravy on top
- -Garnish with onion ,coriander leaves