

C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

## Ingredients

- 3 Tbsp Raw Green Papaya, grate & squeeze out excess water
- 1 and 1/2 Tbsp Gram flour
- 2 Tbsp Hung curd
- 1/4 Tsp Ginger
- 8-10 units Pudina
- 1 Raw banana
- 1/4 Tsp Coriander Powder
- Pinch of Garam masala
- 1/4 Tsp cumin powder
- 1/4 Tsp Red chilli powder
- Salt to taste
- 1 Tsp Cooking oil
- 1/4 Tsp Pomegranate powder

## Preparation Method

- In a big mixing bowl add the grated raw papaya, banana and mashed boiled potatoes.
- Add all these ingredients into the bowl- salt, coriander powder, garam masala, cumin powder, pomegranate powder, coriander leaves and ginger in the mix.
- Now, add besan in the bowl and mix all the ingredients very well to make a dough. Keep aside
- To make the filling: Take the hung curd in a bowl and add into it the coriander leaves, mint leaves, chopped green chillies and little salt. Mix well.
- To make the kebabs: Take a portion of the raw papaya and potatoes dough(depending upon the desired size of the kebab) and roll into a ball.
- Now, stuff the curd filling into the dough balls and roll the balls to give an even shape. Slightly flatten the stuffed balls.
- Heat a tawa and grease it lightly. Now, cook the kebabs on the heated tawa until brown and crispy from both sides.
- Serve.