



Ash gourd tikki

Serving: 1

Veg

Ingredients

- 1/2 cup Grated ash gourd-
- 1 tbsp -Rava / rice flour/ Gram flour
- 2 tbsp grated paneer
- 1/2 tsp Ginger paste
- 1/4 tsp Coarsely grind black pepper
- 1/4 tsp Garam masala
- 1/4 tsp Red chilli powder
- Salt to taste
- 1 tsp Oil
- 1 tbsp Finely chopped onion
- 1 tbsp coriander chopped

Preparation Method

- Blanch the ash gourd
- In a mixing bowl combine all the ingredients except oil.
- Divide the dough into equal parts.
- Shape each portion to flat patties of medium thickness.
- Heat oil in a non stick pan and shallow fry in hot oil until golden in colour.