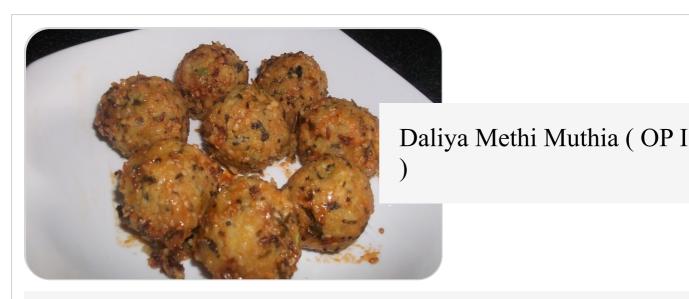


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Serving: 1 Veg

## Ingredients

- · Ingredients For Muthias
- . Broken wheat 2 tbsp
- . Chopped fenugreek leaves 2 tbsp
- . Bajra flour -1 tbsp
- Clove of garlic,grated -1
- . ginger-green chilli paste <sup>1</sup>/<sub>4</sub> teaspoon
- Tumeric powder a pinch
- Low fat curd 2 teaspoon
- salt to taste
- · For tempering
- . Olive oil  $\frac{1}{2}$  teaspoon
- mustard seeds <sup>1</sup>/<sub>4</sub> teaspoon
- Asafoetida a pinch
- For the garnish
- . Chopped coriander 1 tbsp

## Preparation Method

- For the muthias
- 1. Clean and wash the broken wheat
- 2. Boil the washed broken wheat in 1 cup of water for 8 to 10 min. Drain the broken wheat in stainer and keep aside.
- 3. Combine all the other ingredients in another and mix it well.
- 4. Divide the muthia mixture into equal portions. Shape each portion into a cylindrical roll. Steam the rolls for 12 to 15 min
- or till the knife inserted in a roll comes out clean.
- 5. Cool and slice the muthias into pieces and keep aside.
- How to proceed
- 1. Heat the oil in a non-stick pan, add the mustard seed and asafoetida.
- 2. When the seeds crackle ,add the prepaired muthias and saute for 3 to 4 mins till they are light brown in colour.
- 3. Serve hot ,garnished with coriander.