



Oats Methi Muthia

Serving: 1

Veg

Ingredients

- $\frac{1}{2}$ cup coarsely powdered quick cooking rolled oats
- 2 cups finely chopped fenugreek (methi)
- 1 tbsp semolina (rava / sooji)
- 1 $\frac{1}{2}$ tbsp low-fat curds (dahi)
- 1 tsp chilli powder
- 1 tsp coriander-cumin seeds (dhania-jeera) powder
- $\frac{1}{4}$ tsp turmeric powder (haldi)
- $\frac{1}{2}$ tsp green chilli paste
- a pinch asafoetida (hing)
- salt to taste
- $\frac{1}{2}$ tsp oil
- $\frac{1}{2}$ tsp mustard seeds (rai / sarson)
- $\frac{1}{2}$ tsp sesame seeds (til)

Preparation Method

- Combine the oats, fenugreek leaves, semolina, curds, chilli powder, coriander-cumin seeds powder, turmeric powder, green chilli paste, asafoetida and salt in a bowl, mix well and knead into a soft dough using little water.
- Divide the dough into 2 equal portions and shape each portion into a cylindrical roll of approximately 150 mm. (6") in length and 25 mm. (1") in diameter.
- Arrange the rolls on a sieve and steam in a steamer on a high flame for 10 minutes. Remove and keep aside to cool slightly for 10 minutes.
- Cut into 12 mm. ($\frac{1}{2}$ ") slices and keep aside.
- For the tempering, heat the oil in a small non-stick pan and add the mustard seeds.
- When the seeds crackle, add the sesame seeds and cook on a medium flame for 30 seconds.
- Pour the tempering over the muthia pieces and toss it lightly.
- Serve hot with green chutney.