



Vegetable Muthia

Serving: 1

Veg

Ingredients

- Cabbage/Patta gobhi, grated-2 tsp
- Carrot/Gajar, grated-1 tsp
- Corn/Makai ka dana, crushed coarsely-2 tsp
- Spinach/palak, chopped- $\frac{1}{2}$ cup
- Cauliflower, grated-2 tsp
- Fresh coriander, chopped-2 tbsp
- Wheat flour /atta - $\frac{1}{2}$ cup
- Gram flour/besan – 2 tsp
- Semolina/sooji-2 tsp
- Baking soda- $\frac{1}{4}$ tsp
- Cooking oil- 1 tsp
- Yogurt /dahi- 3 tsp
- Lemon juice- 1tbsp
- Sugar- 1tsp
- Turmeric/haldi- $\frac{1}{4}$ tsp
- Chili powder /mirch- 1 $\frac{1}{2}$ tsp
- Salt- to taste
- Tempering-
- Mustard seeds /rai- $\frac{1}{4}$ tsp
- Sesame seeds /til- $\frac{1}{4}$ tsp
- Asafoetida /hing- $\frac{1}{4}$ tsp
- Cooking oil- 1 tsp
- 1 Green chilies, slit lengthwise
- Curry leaves

Preparation Method

- Take a big bowl and all the chopped and grated vegetables in it.
- Now add wheat flour, semolina, gram flour, yogurt and all the ingredients and mix well.
- Grease your palms with oil and make medium thick rolls from the mixture.
- Make all rolls and keep aside.
- In a big pan or in a steamer boil enough water.
- Grease the steamer plate or the metal rice strainer.
- Arrange all the rolls on the steamer plate and cover the pan with a lid.
- Steam cook for about 20-25 minutes.
- Check with a tooth pick, if it come out clean then it is done.
- Slice the steamed muthiyas .
- Heat oil in a pan and add the tempering ingredients.
- When seeds start crackling add the sliced muthiyas in it.
- Shallow fry on medium heat till well coated with the tempering.
- Add chopped coriander leaves and 2 tsp of lemon juice.
- Serve with green mint chutney.