



Oats Tikki

Serving: 1

Veg

Ingredients

- 2 tbsp grated low-fat paneer
- 2 tbsp grated carrot
- 2 tbsp quick cooking rolled oats
- 2 tbsp finely chopped coriander
- 1 tsp lemon juice
- 1/2 cup peeled and boiled potato
- 1 1/2 ginger -green chilli paste
- 1/2 tsp dried mango powder
- Other ingredients
- 1/4 cup low-fat milk for coating
- 1 tbsp quick cooking rolled oats powder for coating
- 1 1/2 tsp oil for greasing and cooking

Preparation Method

- Combine all the ingredients in a bowl and mix well. Divide the mixture in to equal portion and roll out each portion into flat round tikkis Dip each tikkis in the milk and then roll them in oats till they are coated both the side evenly. Heat a non-stick tava and grease it with oil. Cook the tikkis using 2 tsp of oil till they turn light brown on both the sides. Serve hot