



Green soya tikki

Serving: 1

Veg

Ingredients

- 1/2 cup blanched and chopped spinach
- 3 tbsp soya granules
- 1 tbsp chopped coriander (dhania)
- 1 tsp ginger-green chilli paste
- 2 tbsp besan (bengal gram flour)
- salt to taste
- 1 tsp oil for greasing and cooking

Preparation Method

- Soak the soya granules in enough lukewarm water for 30 minutes and squeeze out all the water.
- Combine all the ingredients, including the soya granules, in a bowl and mix well.
- Divide the mixture into equal portions and shape each portion into flat round tikkis.
- Heat and grease non-stick pan using 1/4 tsp of oil and cook each tikki, till they turn golden brown in colour from both the sides.
- Serve