



Broccoli Tikki

Serving: 1

Veg

Ingredients

- For The Tikkis
- - $\frac{1}{2}$ cup finely chopped broccoli
- - $\frac{1}{2}$ tsp oil
- - $\frac{1}{4}$ cup finely chopped onions
- -1 tsp finely chopped garlic (lehsun)
- -1 tsp finely chopped green chillies
- -1 tbsp cornflour
- -salt to taste
- -To Be Mixed Into A Stuffing
- -100 grms grated paneer
- Other Ingredients
- 1 tsp oil for greasing and cooking

Preparation Method

- -Heat the oil in a broad non-stick pan, add the onions and sauté on a medium flame for 1 to 2 minutes.
- -Add the garlic and green chillies, mix well and sauté on a medium flame for 4 to 5 minutes.
- -Add the broccoli and salt, mix well and sauté on a medium flame for 4 to 5 minutes, while stirring occasionally.
- -Remove from the flame, transfer to a bowl and allow it to cool completely.
- -Once cooled, cornflour and mix well.
- -Shape each tikki into flat rounds.
- -Press a little in the centre of each round to make a depress
- -Place very little paneer stuffing in the centre of each round and roll again to make a flat round tikki.
- -Grease the tava (griddle), using $\frac{1}{2}$ tsp of oil and cook the tikkis using the remaining 1 tsp of oil, till they turn golden brown in colour from both the sides.
- -Serve hot with green chutney