



## Jowari Methi Muthia ( OP I )

Serving: 1

Veg

### *Ingredients*

- -1/2 cup finely chopped fenugreek (methi)
- -1/2 cup jowar (white millet) flour
- -3 tbsp curds (dahi)
- -1/2 tsp lemon juice
- -1/2 tsp ginger-green chilli paste
- -1/2 tsp turmeric powder (haldi)
- -a pinch of baking soda
- -salt to taste
- -1 tsp oil
- -1/2 tsp cumin seeds (jeera)
- -1/2 tsp fennel seeds (saunf)
- -1/4 tsp asafoetida (hing)
- -4 curry leaves (kadi patta)

### *Preparation Method*

- -Combine the fenugreek leaves, jowar flour, curds, lemon juice, ginger-green chilli paste, turmeric powder, baking soda and salt in a deep bowl and knead into a soft dough using water as required.
- -Place all the 3 rolls on a greased steaming dish and steam in a steamer over a medium flame for 15 minutes.
- -Remove, cool completely and cut.
- -Heat the oil in a broad non-stick pan, add the cumin seeds, fennel seeds, asafoetida and curry leaves and sauté on a medium flame for 1 minute.
- -Add the muthias and sauté on a medium flame for 3 to 4 minutes, while tossing occasionally.
- -Serve immediately garnished with coriander.