



Hara Bhara Kebabs

Serving: 1

Veg

Ingredients

- Serves 1
- -2 tbsp chana dal (split Bengal gram)
- -Piece of ginger
- -2 cloves of garlic, Grated
- -2 green chillies, finely chopped
- - $\frac{1}{2}$ cup spinach (palak), blanched, drained and chopped
- - $\frac{1}{4}$ cup boiled green peas
- - $\frac{1}{4}$ tsp garam masala
- - $\frac{1}{4}$ cup grated paneer
- -Salt to taste

Preparation Method

1. Pressure cook chana dal, ginger, garlic and green chilli with $\frac{3}{4}$ cup of water for 2-3 whistles or until the dal is cooked. Drain out the excess water
2. Combine the spinach, green peas, and cooked dal mixture and blend to a coarse paste without using any water
3. Add paneer, chat masala and garam masala and mix well
4. Divide the mixture into 6 equal portion and shape them into flat kebabs
5. Heat the oil in a non stick pan and cook the kebabs on both the sides till they turn golden brown on both the sides
6. Serve hot