



## Spicy Spinach Dumplings ( ES ) ( OP I )

Serving: 1

Veg

### *Ingredients*

- Serves 1 (4 dumplings)
- Finely chopped spinach or palak -  $\frac{3}{4}$  cup
- Green chilli paste -  $\frac{1}{2}$  tsp
- Besan or bengal gram flour - 1 tbsp
- Whole wheat flour or gehun ka atta -  $\frac{3}{4}$  tbsp
- Fresh low fat curds - 1 tsp
- A pinch of asafoetida (hing)
- Sugar -  $\frac{1}{4}$  tsp
- Oil -  $\frac{1}{2}$  tsp
- Salt to taste

### *Preparation Method*

- 1) Combine all ingredients together in a deep bowl and mix them well without using water.
- 2) Divide the mixture into 4 equal portions of a round ball.
- 3) Keep the dumplings on a greased thali (of appropriate size) and steam in a steamer for 7 to 8 minutes or till they are cooked.
- 4) Serve hot with green chutney.