



Moong oats tikki

Serving: 1

Veg

Ingredients

- -2 tbsp boiled yellow moong dal (split yellow gram)
- -2 tbsp quick cooking rolled oats
- -1 tbsp fresh curds (dahi)
- -2 tbsp grated onions
- - $\frac{1}{2}$ tsp finely chopped green chillies
- -1 tsp chaat masala
- -2 tsp chilli powder
- - $\frac{1}{4}$ tsp garam masala
- - $\frac{1}{4}$ tsp turmeric powder (haldi)
- -1 tsp ginger-garlic (adrak-lehsun) paste
- -1 tbsp finely chopped coriander (dhania)
- -salt to taste
- -1 tsp oil for greasing and cooking

Preparation Method

- -blend the dal in a mixer to a coarse paste.
- -Transfer the paste into a bowl, add all the remaining ingredients and mix well.
- -Divide the mixture 2-3 equal portions and shape each portion round flat tikki.
- Lightly grease a non-stick tava (griddle) with $\frac{1}{2}$ tsp of oil.
- Cook each tikki, using oil, till they turn golden brown in colour from both the sides. Evenly cooked from both the sides.
- Serve immediately with healthy green chutney.