

C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

Ingredients

- -100 grams grated paneer (cottage cheese)
- -¹/₄ cup finely chopped mint leaves (phudina)
- -1 tsp finely chopped green chillies
- -salt to taste
- -oil for greasing and cooking
- -For The Garnish
- -1 tsp chaat masala

Preparation Method

- Combine all the ingredients in a bowl and mix well.
- Divide this mixture into equal portions and shape each portion i flat round tikki.
- Heat a non-stick tava (griddle) and grease it lightly using a little oil.
- Place the tikkis on it and cook using a little oil, till they turn golden brown in colour from both the sides.
- Sprinkle chaat masala on top and serve hot with green chutney and tomato ketchup