



Karela Muthiya (OP I)

Serving: 1

Veg

Ingredients

- -1 bitter gourd (karela) , unpeeled
- -2 tbsp finely chopped onions
- -1 tsp finely chopped garlic (lehsun)
- -1 tsp ginger (adrak) paste
- -1 tsp finely chopped green chillies
- -1 tbsp finely chopped coriander (dhania)
- - $\frac{1}{2}$ tsp turmeric powder (haladi)
- -1 tsp low-fat curds (dahi)
- -1 tbsp Rava
- -2 tbsp jowar (white millet) flour
- -1 tbsp besan (bengal gram flour)

Preparation Method

- **Method :**
- 1. Combine all the ingredients in a deep bowl, mix well and knead into a soft dough using little water.
- 2. Divide the dough into 2 equal portions and shape each portion into a cylindrical roll of 150 mm. (6
- 3. Steam the rolls in a steamer for 15 minutes or till the knife comes out clean.
- 4. Cool slightly and slice the muthias into 12 mm ($\frac{1}{2}$ "") pieces and keep aside.
- **How to proceed :**
- 1. For the tempering, heat oil in a broad non-stick pan and add the cumin seeds.
- 2. When the seeds crackle add asafoetida and sauté on a medium flame for a few seconds.
- 3. Add the muthia pieces, mix well and cook on a medium flame for 1 to 2 minutes.
- 4. Garnish with coriander and serve hot with green chutney.