



Pumpkin tikki

Serving: 1

Veg

Ingredients

- Red pumpkin (bhopla/kaddu) peeled and grated 150 grams
- Ginger finely chopped 1 tablespoon
- Garlic finely chopped 1 tsp
- Gram flour (besan) 2 tablespoons
- Red chilli powder 1 teaspoon
- Red chilli flakes 1/4 teaspoon
- Roasted cumin powder 1/2 teaspoon
- Dry mango powder (amchur) 1 teaspoon
- Salt to taste
- Oil - 2 tsp
- Rava - 1 tbsp

Preparation Method

- Heat 2 tbsps oil in a kadai, add ginger and garlic and sauté for ½ minute. Add gram flour and sauté lightly for 1-2 minutes.
- Add red chilli powder, chilli flakes, roasted cumin powder and dried mango powder and mix.
- Add grated pumpkin and sauté till all the moisture evaporates. Transfer the mixture in a bowl to cool.
- , add rava to the pumpkin mixture, mix and keep aside to cool completely.
- Heat oil in a non stick pan. Add salt to the pumpkin mixture and mix.
- pply gram flour to your hands. Divide the pumpkin mixture into equal portions and shape them into balls.
- Roast tikkis both turning sides, till they turn golden brown on both sides. Serve hot.
- serve