



Protein tikki

Serving: 1

Veg

Ingredients

- 1/4 cup soaked and boiled kabuli chana (white chick peas)
- 1/4 cup soya granules
- 2 tbsp chopped mint leaves (phudina)
- 1 tsp ginger-green chilli paste
- 1 tsp garlic (lehsun) paste
- salt to taste
- 1 tsp oil for greasing and cooking

Preparation Method

- Soak the soya granules in enough hot water for 10 to 15 minutes. Drain and squeeze out all the water.
- Combine the soya granules, kabuli chana and mint leaves and blend in a mixer to a coarse mixture without using water.
- Transfer the mixture into a bowl, add the ginger-green chilli paste, garlic paste and salt and mix well.
- Divide the mixture into equal portions and shape each portion into flat, round and thin tikkis.
- Heat a non-stick tava (griddle), grease it using 1/4 tsp of oil and cook the tikkis, till they turn golden brown in colour from both the sides.
- Serve immediately.