



Couscous Dhokla ( OP I )

Serving: 1

Veg

### *Ingredients*

- Whole wheat flour - 1 tbsp
- bajra flour - 1 tbsp
- besan flour - 1 tbsp
- Couscous- 1 tbsp
- Bottle gourd - 1 tbsp
- cabbage - 1 tbsp
- pumpkin - 1 tbsp
- Yogurt- 1 tbsp
- Ginger-chilli paste- 1 tbsp
- Kauri methi- 1 tbsp
- Sugar- 1 tsp ( optional)
- Turmeric- half tsp
- Cumin seeds-  $\frac{1}{2}$  tsp
- Coriander powder-  $\frac{1}{2}$  tsp
- Red chilli powder-  $\frac{1}{2}$  tsp
- Lemon juice-1 tsp
- Oil-  $\frac{1}{2}$  tsp
- For tempering
- Oil-  $\frac{1}{2}$  tsp
- Sesame seeds-  $\frac{1}{2}$  tsp
- Mustard seeds-  $\frac{1}{2}$  tsp
- Cumin seeds-  $\frac{1}{2}$  tsp
- Curry leaves-5-6
- Coriander leaves- 1 tbsp (for garnishing)

### *Preparation Method*

- -Mix all the ingredients except yogurt.
- -Keep aside for 15-20 min.
- -Add water and make a smooth dough. Making the steamed muthia
- -From the dough long rolls and place them in a greased container.
- -Steam these rolls for 17-20 minutes or till done.
- -Once warm and cooled, slice the steamed rolls.
- T-emper the ingredients mentioned in the tempering list above.
- -Add the sliced muthia and fry for 2-3 mins.
- -Serve hot or warm garnished with some chopped coriander leaves.