



Beetroot tikki

Serving: 1

Veg

Ingredients

- -1/2 cup boiled , peeled and grated beetroot
- -1/4 cup grated carrot
- -2 tbsp paneer grated
- -1 tbsp finely chopped coriander (dhania)
- -1/2 tsp chaat masala
- -1/2 tsp chilli powder
- 1/4 tsp dried mango powder (amchur)
- -1/4 tsp garam masala
- -1 tbsp Rava
- -salt to taste
- -1 tsp oil

Preparation Method

- Combine all the ingredients in a bowl and mix well.
- Divide the mixture into equal portions and roll each portion flat round tikki.
- Roll the tikkis in the Rava
- Heat the oil in a pan , pan fry the tikkis, a few at a time, till they turn golden brown in colour from all the sides.
- Serve