



Cow Peas Dhokla (OP I)

Serving: 1

Veg

Ingredients

- 3 tbsp cow peas , soaked overnight and drained
- 3 tbsp chopped spinach (palak)
- 2 tbsp chopped fenugreek (methi)
- 2 tsp ginger-green chilli paste
- $\frac{1}{4}$ tsp hing
- 1 tsp fruit salt
- salt to taste
- $\frac{1}{4}$ tsp oil for greasing
- For The Garnish
- 1 tbsp chopped coriander (dhania)

Preparation Method

- Combine the chola dal (cowpeas),spinach, fenugreek leaves,and ginger-green chilli paste and blend in a mixer to a smooth paste using $\frac{1}{2}$ cup of water.
- Transfer it in a deep bowl, add the asafoetida and salt and mix well
- Just before steaming, add the fruit salt and 2 tsp of water over it and mix gently.
- Pour batter into greased thali
- Steam the dhoklas in a steamer for 10 minutes or till the dhoklas are cooked . cut into pieces
- Serve immediately garnished with coriander.