



Green Oats Tikkis

Serving: 1

Veg

Ingredients

- Serves 1
- - $\frac{1}{4}$ cup oats, roasted in a kadhai for 5 mins on low heat, till golden brown in color
- - 2 tbsp boiled green peas
- - $\frac{1}{4}$ cup chopped spinach leaves
- - $\frac{1}{2}$ green chilli, finely chopped
- -1 tbsp finely chopped fresh coriander leaves
- - $\frac{1}{2}$ tsp finely chopped ginger
- -Salt to taste
- -Black pepper to taste
- - $\frac{1}{2}$ tsp oregano
- -Juice of $\frac{1}{2}$ lemon
- -1 tsp oil

Preparation Method

- -Mix all the ingredients in a blender and add approx. 1 tbsp of water and blend into a rough paste.
- -Remove the mixture from the blender and divide into balls. Flatten balls to give shape of tikki and cook the tikkis in a non-stick pan over medium flame using oil till golden brown in color.
- -Serve hot with chutney.