



## Jain Tikkies

Serving: 1

Veg

### *Ingredients*

- -Banana - 50 gm
- -capsicum  $\frac{1}{2}$  small
- -French beans 30 gm
- -Boiled green peas 10 gm
- -Crumbled paneer (cottage cheese) 20 gm
- -Bengal gram Flour- besan 1 tbsp.
- -**Chaat masala** :  $\frac{1}{4}$  tsp.
- -**Dried Oregano** :  $\frac{1}{4}$  tsp.
- -Salt and Freshly Ground Black Pepper (kalimirch) powder to taste
- -**Oil** :  $\frac{1}{2}$  tsp.

### *Preparation Method*

- 1. Coarsely cut the vegetables and put in a chopper to finely chop and mix all the vegetables.
- 2. Add besan and crumbled paneer to the chopped vegetables and mix well.
- 3. Add salt, pepper, dhania powder, chaat masala and a bit of oregano and mix well.
- 4. Make small balls of this mixture and flatten them out into medium sized tikkis.
- 5. On a non-stick tawa, put some oil and lay out these tikkis on to the tawa.
- 6. Cook these tikkis on a medium flame till done.
- 7. Serve hot with green chutney.