



Paneer and Moong tikki

Serving: 1

Veg

Ingredients

- -2 tbsp yellow moong dal soaked for 30 minutes and drained
- -75 grms low-fat crumbled paneer
- -1 tsp ragi flour
- -1 tbsp grated /chopped onions
- - $\frac{1}{2}$ tsp chilli powder
- - $\frac{1}{4}$ tsp garam masala
- - $\frac{1}{4}$ tsp turmeric powder (haldi)
- - $\frac{1}{2}$ tsp ginger-garlic (adrak-lehsun) paste
- - $\frac{1}{2}$ tsp chaat masala
- -1 tbsp chopped coriander (dhania)
- - Mint leaves chopped - 1 tbsp
- -salt to taste
- -Other Ingredients
- -1 tsp oil for greasing and cooking

Preparation Method

- -Combine the yellow moong dal, 1 cup of water and little salt in a broad non-stick pan and cover and cook on a slow flame for 7 to 8 minutes, while stirring occasionally.
- -Remove from the flame and drain very well it using a strainer.
- --Transfer the cooked moong dal on a plate and cool completely.
- -Add all the remaining ingredients and mix very well.
- -Divide the mixture into 3 equal portions and shape each portion into flat round tikki.
- -Heat a non-stick tava (griddle) and grease it using $\frac{1}{4}$ tsp of oil and cook the tikkis on a slow flame using the remaining $\frac{3}{4}$ tsp of oil till they turn brown in colour from both -the sides.
- -Serve immediately with mint and coriander chutney.