



Broken Wheat Muthiyas (OP I)

Serving: 1

Veg

Ingredients

- Chopped fenugreek leaves -4 tbsp
- Broken wheat -3 tbsp
- Turmeric powder -a pinch
- Clove of garlic grated -1
- Ginger green chilli powder - $\frac{1}{4}$ tea spoon
- Bajra flour - 1 tbsp
- Salt to taste
- Low fat curd -2 teaspoon
- For the tempering
- Olive oil - $\frac{1}{2}$ teaspoon
- Asafoetida - a pinch
- Mustard seed- $\frac{1}{4}$ teaspoon
- For Garnish
- Chopped coriander - 1 tbsp

Preparation Method

- 1) Wash broken wheat.
- 2) Boiled the washed broken wheat 1 cup of water for 10 min.
- 3) Drain the Broken wheat in a strainer. Mix all the ingredients in another bowl.
- 4) Divide the muthia mixture into equal portion make each portion cylindrical roll.
- 5) Steam the roll for 15 mins or if you insert a knife it comes out clean. Let it cool and then slices muthiyas into pieces.
- 6) Heat the oil in a non stick pan ,add asafoetida and mustard seeds.
- 7) When the seeds crackle mix the muthiyas and saute for 4 mins till they turn golden brown.
- 8) Garnish with coriander ,Serve Hot