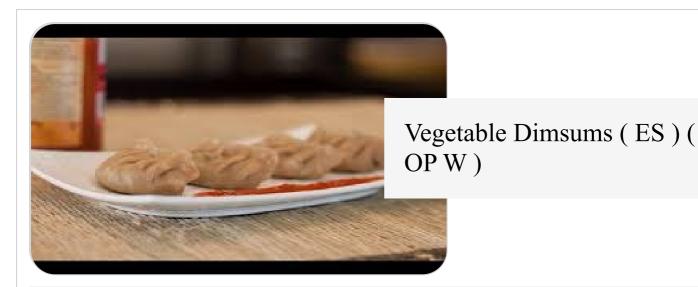


C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

Ingredients

- -For The Vegetable Filling
- -1/2 tsp finely chopped ginger (adrak)
- -3 tbsp finely chopped cabbage
- -3 tbsp finely chopped carrots
- -1 tbsp finely chopped mushrooms (optional)
- -2 tbsp finely chopped asparagus
- -2 tbsp finely chopped baby corn
- -¹/₄ tsp freshly ground black pepper (kalimirch)
- -1 tsp soy sauce
- · -salt to taste
- --Other Ingredients
- -2 tbsp ragi atta + 1 tbsp jowari atta
- $-\frac{1}{4}$ tsp oil for greasing
- -1 tsp oil

Preparation Method

- -Combine the flours, oil, salt and enough water to make soft pliable dough. Keep aside for 10 minutes.
- -Knead again till smooth and divide it into equal portions.
- -Roll out a portion to thin circle using a little flour.
- - Mix all the filling ingredients together Spread a portion of the vegetable filling in the center.
- -Shape them as shown and steam in a greased steamer for about 10 minutes.
- -Serve hot.