



Mushroom kebab

Serving: 1

Veg

Ingredients

- -1 tsp oil
- - $\frac{1}{2}$ cup finely chopped onions
- - $\frac{1}{4}$ cup chopped mushrooms (khumbh)
- -2 tbsp quick cooking rolled oats
- - $\frac{1}{4}$ cup low-fat milk
- -1 tsp freshly ground black pepper powder
- -salt to taste
- -2 tbsp chopped coriander (dhania)
- -1 tbsp chopped green chillies

Preparation Method

- -Heat 1 tsp oil in a broad non- stick pan, add the onions and sauté on a medium flame till they turn translucent.
- -Add the mushrooms and oats and sauté on a medium flame for another 2 to 3 minutes.
- -Add the milk, mix well and cook on a slow flame, while stirring continuously, till the mixture becomes thick and leaves the sides of the pan. Add the salt and pepper and - mix well.
- -Remove from the flame, add the coriander and green chillies and mix well.
- -Cool slightly and divide the mixture into few equal portions.
- -Roll out each portion into a 67 mm. ($2\frac{1}{2}$ "") flat oval kebab.
- -Heat a non- stick tava (griddle) and cook each kebab, using $\frac{1}{8}$ tsp of oil, till they turn light brown in colour from both the sides.
- -Serve hot