



Kofta Makhani (HV)

Serving: 1

Veg

Ingredients

- For The Koftas
- -1/4 cup grated beetroot
- -1/4 cup grated carrot
- -1 tbsp besan (bengal gram flour)
- -1 tsp ginger-garlic (adrak-lehsun) paste
- -1 tsp chilli powder
- -salt to taste
- For The Makhani Gravy
- -1 cup chopped tomato
- -2 tbsp chopped onions
- -1 big clove garlic (lehsun)
- -1 cloves (laung / lavang)
- -pinch of Dal chini
- -2 tbsp chopped red pumpkin (kaddu)
- -1 whole dry kashmiri red chilli , broken into pieces
- Other Ingredients
- -1/2 tsp cumin seeds (jeera)
- -1/2 tsp dried fenugreek leaves (kasuri methi)
- -1/2 tsp chilli powder
- -Pinch of sugar
- -salt to taste
- 1/4 cup low-fat milk
- For The Garnish

Preparation Method

- For the koftas
- -Combine all the ingredients in a deep bowl and mix well.
- -Divide the mixture into 4 equal portions and shape each portion into a small round kofta.
- -Steam the koftas in a steamer for 15 minutes or till they are cooked. Keep aside.
- For the makhani gravy
- -Combine all the ingredients, along with 3/4 cup of water, in a deep non-stick pan and mix well. Cover with a lid and cook on a medium flame for 15 minutes, while stirring occasionally.
- -Allow the mixture to cool completely. Once cooled, discard the cloves and cinnamon and blend in a mixer till smooth. Keep aside.
- How to proceed :
- -Heat a deep non-stick pan on a medium flame and when hot, add the cumin seeds and dry roast for about 10 seconds.
- -Add the dried fenugreek leaves, chilli powder and 1 tbsp of water, mix well and cook on a medium flame for 30 seconds.
- -Add the makhani gravy, sugar and salt, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
- -Add the milk, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
- -Serve immediately garnished with coriander.

- 2 tbsp finely chopped coriander (dhania)