



## Daliya Methi Muthia ( OP I )

Serving: 1

Veg

### *Ingredients*

- Ingredients For Muthias
- . Broken wheat - 2 tbsp
- . Chopped fenugreek leaves - 2 tbsp
- . Bajra flour -1 tbsp
- . Clove of garlic,grated -1
- . ginger-green chilli paste -  $\frac{1}{4}$  teaspoon
- . Tumeric powder - a pinch
- . Low fat curd - 2 teaspoon
- . salt to taste
- For tempering
- . Olive oil -  $\frac{1}{2}$  teaspoon
- . mustard seeds -  $\frac{1}{4}$  teaspoon
- . Asafoetida - a pinch
- For the garnish
- . Chopped coriander - 1 tbsp

### *Preparation Method*

- For the muthias
- 1. Clean and wash the broken wheat
- 2. Boil the washed broken wheat in 1 cup of water for 8 to 10 min. Drain the broken wheat in strainer and keep aside.
- 3. Combine all the other ingredients in another and mix it well.
- 4. Divide the muthia mixture into equal portions. Shape each portion into a cylindrical roll. Steam the rolls for 12 to 15 min
- or till the knife inserted in a roll comes out clean.
- 5. Cool and slice the muthias into pieces and keep aside.
- How to proceed
- 1. Heat the oil in a non-stick pan,add the mustard seed and asafoetida.
- 2. When the seeds crackle ,add the prepared muthias and saute for 3 to 4 mins till they are light brown in colour.
- 3. Serve hot ,garnished with coriander.