**Butte Ka Kees**

Prep time: 10 min Cook time: 15 min

**Ingredients:**

* 1 cup grated fresh sweet corn
* ½ tsp mustard seeds
* 1 green chili, chopped
* ½ tsp grated ginger
* ¼ tsp turmeric
* 1 tsp oil
* 1 tbsp low-fat milk
* Salt to taste
* Coriander and lemon juice

**Instructions:**

1. Heat oil in a nonstick pan. Add mustard seeds. When they splutter, add green chili and ginger.
2. Add grated corn and turmeric. Sauté for 3–4 minutes.
3. Pour in milk and stir continuously to avoid lumps.
4. Cook on low heat until milk is absorbed and mixture thickens (8–10 minutes).
5. Add salt and mix well.
6. Garnish with fresh coriander.
7. Enjoy as a warm snack or breakfast item.