**Vegetable Cutlet**

Prep time: 25 min Cook time: 20 min

**Ingredients:**

* ½ cup carrot, finely chopped
* ¼ cup French beans, finely chopped
* 1 cup potatoes, boiled and mashed
* ½ cup green peas (fresh or frozen)
* 1 inch ginger, peeled and finely chopped
* ½ tsp green chili, finely chopped (adjust to taste)
* 2 garlic cloves, peeled and finely chopped
* ¼ tsp red chili powder
* ½ tsp jeera (cumin) powder
* ½ tsp garam masala
* ¼ cup breadcrumbs (plus extra for coating)
* 2 tbsp fresh coriander leaves, chopped
* Low sodium salt, to taste
* 2 tbsp maida (all-purpose flour)
* 4 tbsp water
* 3 tbsp oil (extra light olive oil, for shallow frying)

**Instructions:**

**Prepare Vegetables:**

1. Rinse, peel, and chop the carrots, potatoes, and French beans. Boil or steam the vegetables until fork-tender.

**Mash Vegetables:**

1. Drain all the water using a strainer and transfer the cooked vegetables to a bowl.
2. Mash them with a potato masher and set aside.

**Make the Masala Mixture:**

1. Crush the ginger, green chilies, and garlic into a semi-fine paste.
2. In the same bowl, add red chili powder, cumin powder, garam masala powder, chopped coriander leaves, 2 tablespoons of breadcrumbs, and salt.
3. Mix well and then add the mashed vegetables to this mixture. Combine thoroughly.

**Prepare & Shape:**

1. In another bowl, mix the maida (all-purpose flour) and water to get a smooth paste.
2. Take the vegetable mixture and shape it into small to medium-sized round cutlets by rolling and flattening the mixture in your palms.
3. Dip each cutlet gently into the all-purpose paste, ensuring it is coated evenly. Then dredge the cutlet in breadcrumbs until fully covered.

**Fry & Serve:**

1. Heat a tawa (griddle) and place the cutlets on it. Add a few drops of oil beneath each cutlet.
2. Cook evenly on both sides until they are crisp and golden brown.
3. Serve hot with mint chutney or ketchup.