

# ZAYKA KA TADKA

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APRIL 2022

UNEDITED LIVE  
RECIPES



जो दिखता है!  
वही बनता है!



ISSUE NUM: 20

LIVE FROM THE KITCHENS OF MOMS OF  
INDIA



# Founder's Words

Namaskar!

Hope all our lovely and supportive viewers are doing well and enjoying the beautiful transition of weather.

Spring signals the beginning of summer. It brings to us not just beautiful flowers but also fresh and delicious vegetables, spreading happiness and joy to everyone. Besides that, Spring celebrations occur in many cultures, usually in conjunction with rites and festivals.



In this edition, we are featuring some special dishes such as Corn Cutlets, Besan Ki Kachori from the kitchens of expert moms who cook and teach us with love! We hope you enjoy making them for your family!

We try our best to connect with you and hope to bring smiles to your faces and also make your cooking easier and more enjoyable. Your feedback, support, love and encouragement for our efforts help us to bring these amazing recipes for all of you!

Yours Sincerely  
Vijay Haldiya - [ Founder of Zayka  
Ka Tadka ]





The Super Chef Moms of India





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# Corn Cutlet

By **Vijay Haldiya**  
**Founder**  
**Zayka Ka Tadka**

**A DELICIOUS AND  
CRISPY SNACK**

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**PREP TIME: 10 MIN**  
**READY IN: 25 MIN**  
**SERVING: 6**



## Ingredients



- Boiled Potato/Aloo – 3, mashed
- Onion/Pyaz – 2, finely chopped
- Coloured bell peppers – 1 cup, finely chopped
- Sweet corn – 1 cup
- Breadcrumbs – 2 cups
- Coriander leaves – a handful
- Ginger-green chilli paste/Adrak-hari mirchi paste – 1 tsp
- Salt – to taste
- Red chilli powder/Lal mirch powder – to taste
- All spice mix powder/Garam masala – 1 tsp
- Mozzarella cheese – 1 cube, grated
- Chaat masala – 1 tsp
- Sesame seeds/Til – as required
- Oil – as required

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# Corn Cutlet

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## Instructions

- Take mashed potato in a bowl. Add onion, coloured bell peppers, corn, breadcrumbs, coriander leaves, ginger-green chilli paste, salt, red chilli powder, all spice mix powder, mozzarella cheese, and chaat masala. Mix well.
- Take a ball-sized portion of the potato mixture. Prepare a round-shaped cutlet. Likewise, make the other cutlets. Coat the cutlets with sesame seeds.
- Heat oil in a pan. Add cutlets in the oil and shallow fry them from both sides on a low flame for 5 to 7 minutes.
- Once done, take them out on a serving plate.
- 'Corn Cutlet' is ready to be served.

## Tips

- The cutlet can be given any shape.
- Cutlets can be deep-fried instead of shallow fried.



# Turai Pakode

**Prepared by a lovely  
Grandmom  
Shraddha Thakrar  
From Gujarat**

**A UNIQUE AND HEALTHY  
DISH**

---

**PREP TIME: 5 MIN  
READY IN: 8 MIN  
SERVING: 3**



## Ingredients

- Ridge gourd/Turai - 1
- Gram flour/Besan - 1 cup
- Rice flour/Chawal ka aata - 1 Tbsp
- Salt - to taste
- Water - as required
- Hot oil - 1 tsp
- Baking soda - a pinch
- Oil - for frying
- Chaat masala - as required

# Turai Pakode

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## Instructions

- Wash and peel a ridge gourd. Cut it into thick slices. Keep them aside.
- Now, in a bowl, add gram flour, rice flour, and salt. Then add water gradually to make a batter of medium-flowing consistency.
- Then add 1 tsp hot oil and baking soda to the batter. Mix well.
- Meanwhile, heat oil in a deep frying pan over a medium flame, and when the oil is medium hot, dip a ridge gourd slice in the prepared batter and coat it evenly.
- Place it gently into the hot oil, and when its top surface turns light golden brown, flip it using a slotted spoon. Do likewise with all the other batter-coated slices.
- Deep fry them until crispy and light golden brown from both sides,
- Take them out on a paper napkin on a plate to remove excess oil and sprinkle chaat masala over the pakodas.
- 'Turai Pakode' is ready to be served.

## Tips

- To make the bhajji crispy, hot oil should be added to the batter.



# Rajasthani Aata Dhokla

prepared by a lovely mom  
**Anita Sharma**  
From Rajasthan

**A HEALTHY AND  
NUTRITIOUS MEAL**

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**PREP TIME: 10 MIN**  
**READY IN: 30 MIN**  
**SERVING: 3**



## Ingredients

- Semolina/Rava/Sooji - 1/2 cup
- Wheat flour/Gehu ka aata - 2 cups
- Salt - as required
- Red chilli powder/Lal mirch powder - 1 tsp
- Cumin seeds/Jeera - 1 tsp
- Dry coriander seeds/Sabut dhaniya - 1 tsp
- Bengal Gram/Chana dal - 1 cup
- Green chilli - Finely chopped, as required
- Baking soda - 1/4 tsp
- Papad Khar - 1 & 1/2 tsp
- Water - as required
- Oil - as required
- Ghee - as required



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# Rajasthani Aata Dhokla

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## Instructions

- Boil Bengal gram in hot water for 15 minutes on a high flame till it becomes slightly soft. Then strain the water and keep it aside.
- Boil 1 glass of water. Add papad khar. When the water is lukewarm, turn off the flame. Keep it aside.
- Take semolina in a big bowl. Add wheat flour, salt, red chilli powder, cumin seeds, dry coriander seeds, cooked Bengal gram, green chilli, and baking soda.
- Now add lukewarm papad khar water gradually and prepare a dough of medium consistency like the dough of a poori. Let it rest for 5 minutes.
- Now grease hands with oil. Prepare a small, ball-sized flattened dhokla from the dough. Make a small hole in the centre of the dhokla. Likewise, prepare dhoklas from the remaining dough.
- Meanwhile, heat water in a steamer. Put the tray in the steamer pan. Apply oil on all the prepared dhoklas and put them on the tray . Keep a gap between the dhoklas to steam them evenly.
- Cover the pan with the lid and steam it for 15 to 20 minutes on a high flame.
- After 15 to 20 minutes, insert a knife to check the dhokla. If it comes out clean, then it is cooked perfectly.
- Once done, take them out onto a serving plate and pour ghee on them.
- 'Rajasthani Aata Dhokla' is ready to be served.

## Tips

- The ratio of semolina to wheat flour should be 1:4.
- One and a half tsp of papad khar should be added in 1 glass of hot water for every 2 cups of wheat flour.
- If papad khar is not available, some more baking soda should be added to it.
- To steam them evenly, keep a gap between two dhoklas.
- To check if the dhoklas are cooked perfectly, insert a knife to see if it comes out clean.



# Sandwich Burger

**Prepared by a lovely mom  
Ani Setia  
From Rajasthan**

**A POPULAR, HEALTHY  
STREET FOOD**

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**PREP TIME: 20 MIN  
READY IN: 30 MIN  
SERVING: 2**



## Ingredients

### FOR TIKKI

- Boiled Potato/Aloo - 2, large-sized
- Flattened rice/Poha - 2 Tbsp
- Ginger - 1 inch, grated
- Carrot - 1, finely chopped
- Cauliflower/Phulgobhi - 1/2 cup, finely chopped
- Capsicum - 1, finely chopped
- Black pepper powder/Kali mirch powder - 1 tsp
- Red chilli powder/Lal mirch powder - 1 tsp
- Black salt/Kala namak - 1/2 tsp
- Salt - to taste
- Dry mango powder/Amchur - 1 tsp
- Oil - as required



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# Sandwich Burger

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## Ingredients

### FOR SANDWICH BURGER

- Whole wheat bread - 2 slices
- Veg mayonnaise - as required
- Ketchup - as required
- Onion/Pyaz - 1, sliced
- Pizza cheese - as required
- Butter - as required

## Instructions

### FOR PREPARING THE TIKKI

- Wash the poha and soak it for 15 minutes.
- Take boiled potatoes. Peel and mash them in a bowl. Add soaked poha, ginger, carrot, cauliflower, capsicum, black pepper, red chilli powder, black salt, salt, and dry mango powder. Mix well.
- Take a medium-sized portion of the tikki mixture. Make a flat, round-shaped tikki.
- Meanwhile, heat a tava. Place the aloo tikki on it. Roast it from both the sides by adding oil. Once it is done, keep it aside.

### FOR PREPARING SANDWICH BURGER

- Take 2 slices of bread. Apply mayonnaise on one slice and ketchup on the other.
- Put onion slices on the ketchup. Sprinkle black pepper powder and add cheese on it.
- Roast onion bread slice on the tava by adding butter. Put the prepared potato tikki on it. Cover it with the mayonnaise-applied bread slice.
- Roast the sandwich burger from both sides by adding butter. Once it is done, cut it. Take it out onto a serving plate.
- 'Sandwich burger' is ready to be served.



# Sandwich Burger

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## Tips

- Spices can be adjusted to taste and preference.
- Lemon juice can be added instead of dry mango powder.
- Soaked sago, bread, cooked rice, or breadcrumbs can be added instead of poha.
- Either ghee or butter can be used to roast the tikki.
- It is recommended to prepare this recipe using [Tomato Ketchup | Homemade Tomato Ketchup](#).
- Any type of cheese can be used to prepare this recipe.
- Hung curd can be added instead of mayonnaise.

# Achari Poori

prepared by a lovely mom  
Neelam Tripathi  
From Varanasi, UP

**A POPULAR AND TASTY  
INDIAN DEEP-FRIED  
CRISPY & PUFFY  
FLATBREAD**

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**PREP TIME: 2 -3 MIN  
READY IN: 7 - 8 MIN  
SERVING: 1 - 2**



## Ingredients

- Achar masala mixed water - 1/4 cup
- Salt - to taste
- Multigrain flour - 1 cup
- Oil/Tel - for frying



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# Achari Poori

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## Instructions

- Take multigrain flour in a bowl. Add salt in it
- Pour achar masala mixed water. Knead it to make a medium-consistency dough.
- Take small or medium-sized balls from the dough. With the help of a rolling pin, make small pooris. Meanwhile, heat the oil for frying the poori.
- When the oil is hot, fry the poori on a medium flame until it turns golden brown from both the sides.
- Crispy 'Achari Poori' is ready to be served.

## Tips

- The leftover achar masala can be used.
- It should be served hot for a better taste.
- Wheat flour can be used instead of multigrain flour.
- It is recommended to serve this dish with [Tomato Sauce](#) | [Tomato Ketchup](#) or [Aloo Matar Ki Sabzi](#).

# Puliyogare Gojju

**Prepared by a lovely mom  
Archana Chakravarthy  
From Karnataka**

**AN AUTHENTIC AND  
TRADITIONAL DISH**

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**PREP TIME: 10 MIN  
READY IN: 25 MIN  
SERVING: 4**



## Ingredients

### FOR GOJJU

- Oil - 2 Tbsp
- Black gram/Urad dal - 1 tsp
- Chana dal/Bengal gram - 1 tsp
- Mustard seeds/Rai - 2 tsp
- Asafoetida/Hing - a pinch
- Turmeric/Haldi powder - 1/2 tsp
- Dry red chillies/Sukhi Mirch - 3 to 4
- Green chillies - 2 to 3
- Curry leaves - a few
- Tamarind/Imli - 1/4 cup
- Water - as required
- Salt - as per taste
- Jaggery/Gud - 2 Tbsp

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# Puliyogare Gojju

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## Ingredients

- Coriander powder/Dhaniya powder - 1 heaped tsp
- Dry Coconut/Sukha Nariyal - 1 Tbsp, grated (optional)
- Sambar powder - 1 tsp
- Sesame seed powder/Til powder - 1 heaped tsp, roasted

### **FOR PULIYOGARE**

- Leftover rice - 2 cups
- Gojju - as required
- Salt - to taste

### **FOR TADKA**

- Oil - 1 Tbsp
- Roasted peanuts/Mungfali - 1/4 cup
- Cashew/Kaju - 4 to 5, roasted (optional)
- Mustard seeds/Rai - 1 tsp
- Asafoetida/Hing - a pinch
- Turmeric powder/Haldi powder - 1/4 tsp
- Curry leaves - a few

## Instructions

### **FOR PREPARING GOJJU**

- Soak tamarind in water for 10 to 15 minutes. Squeeze out its water. Then strain it. Keep it aside.
- Heat oil in a pan. Add black gram, Bengal gram, mustard seeds, asafoetida, turmeric powder, dry red chilli, green chilli, and curry leaves. Mix well.
- Then add the prepared tamarind water. Mix well. Now add salt. Mix well.
- Now add jaggery and coriander powder. Mix well. Then add dry coconut. Mix well.
- Add sambar powder. Mix well. Let it boil for 10 to 15 minutes on a medium flame till it becomes thick.
- If gojju is not becoming thick, add roasted til powder. When it becomes thick, turn off the flame. Keep it aside.

# Puliyogare Gojju

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## Instructions

### **FOR PREPARING PULIYOGARE GOJJU RICE**

- Take rice in a big bowl. Spread it. Add a little salt to it. Add the prepared gojju on it as per taste. Mix them well with your hand.
- If the puliyogare gojju rice becomes a little watery, add some roasted til powder on it to make it dry.

### **FOR PREPARING THE TADKA**

- Heat oil in a tadka pan. Add roasted peanuts, roasted cashew, mustard seeds, asafoetida, turmeric powder, and curry leaves. Mix well.
- Pour tadka on the prepared puliyogare gojju rice. Mix well. Transfer it to a serving plate.
- 'Puliyogare Gojju' is ready to be served.

## Tips

- Tamarind can be soaked in hot water as well.
- When gojju is prepared, it can be stored for 10 to 15 days in the refrigerator.
- If gojju is not becoming thick, roasted til powder should be added.
- Roasted til powder can be stored for a month.
- If puliyogare gojju rice becomes a little watery, some roasted til powder should be added to the puliyogare gojju to make it dry.
- Peanuts can be roasted while preparing the tadka.

# Veg Mughlai Paratha

prepared by lovely moms  
**Manju Agarwal and Ruchira Agrawal**  
From Rajasthan

**A TASTY AND UNIQUE  
FLATBREAD**

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**PREP TIME: 3 - 4 MIN**  
**READY IN: 7 - 8 MIN**  
**SERVING: 1 - 2**



## Ingredients

### FOR DOUGH

- Maida/Refined flour - 2 cup
- Salt - to taste
- Baking powder - 1/2 tsp
- Ghee - 2 Tbsp
- Water - as required

### FOR STUFFING

- Oil - 1 Tbsp
- Cumin seeds/Jeera - 1 tsp
- Garlic paste - 1/4 tsp
- Onion/Pyaz - 1, finely chopped
- Gajar/Carrot - 1, grated
- Hari Shimla mirch/Green capsicum - 2 Tbsp, finely chopped

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# Veg Mughlai Paratha

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## Ingredients

- Lal Shimla mirch/Red capsicum - 2 Tbsp, finely chopped
- Peeli Shimla mirch/Yellow capsicum - 2 Tbsp, finely chopped
- Red Chilli Powder/Lal Mirch Powder/ - 1 tsp
- Dry mango powder/Amchur powder - 1/2 tsp
- Coriander powder - 1 tsp
- Chaat masala - 1/2 tsp
- Salt - to taste
- Garam masala/All spice mix powder - 1/2 tsp
- Green chilli - 1, finely chopped (optional)
- Coriander leaves - as required

### OTHER INGREDIENTS

- Butter - for roasting

## Instructions

### FOR DOUGH

- Take a bowl, add refined flour, salt, baking powder, and clarified butter. Mix them and pour a little water. Knead it to make a soft-consistency dough.
- Keep it aside and let it rest for 10 to 15 minutes.

### FOR STUFFING

- Heat oil in a pan. Add cumin seeds. Now, add garlic paste and chopped onion. Sauté it on low flame for a minute.
- Then, add grated carrot, chopped green capsicum, chopped red capsicum, and chopped yellow capsicum. Add salt and sauté them on medium flame for a while.
- Now, add red chili powder, coriander powder, dry mango powder, chaat masala, chopped green chilli, all spice mix powder, and coriander leaves. Mix well and sauté them for a while.
- Then, switch off the flame. The stuffing is ready.

# Veg Mughlai Paratha

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## Instructions

### FOR PARATHA

- Take a small portion of the dough and make a little large and thin roti with the help of a rolling pin and board.
- Place the stuffing on the roti. Fold from two sides and from top and bottom, to make an envelope.
- Dust it with the refined flour and press it with fingers. Now, roll it out a little.
- Meanwhile, heat a tawa. Now, place the paratha on the pan.
- As one side cooks lightly, flip it and apply butter. Flip it again, apply butter as required and roast it from both sides on medium to high flame till it turns light brown and crispy. Cut it in the middle into four pieces for serving.
- 'Veg Mughlai Paratha | Veg Moglai Paratha' is ready to be served.

## Tips

- Any coloured capsicum of choice can be added to make the stuffing.
- In place of butter, either ghee or oil can be used.
- Green chilli is optional.
- This dish can be prepared with whole wheat flour or half wheat flour added with maida.
- It is recommended to serve this paratha with [Green Chutney](#) | [Hari Chutney](#) | [Coriander Chutney](#) or [Homemade Curd](#) or [Tomato Ketchup](#) | [Homemade Tomato Ketchup](#).

# Arbi Tuk

prepared by a lovely mom  
**Sajni Vagnani**  
From Rajasthan

**A TRADITIONAL SINDHI  
SIDE DISH**

---

**PREP TIME: 5 MIN**  
**READY IN: 15 MIN**  
**SERVING: 2**



## Ingredients

- Colocasia root/Arbi/Kachalu - 250g
- Salt - as required
- Oil - for frying

### **FOR PREPARING MASALA**

- Red chilli powder/Lal mirchi powder - 1 tsp (optional)
- Coriander powder/Dhaniya powder - 1 tsp
- Dry mango powder/Amchur powder - 1/2 tsp

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# Arbi Tuk

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## Instructions

### FOR PREPARING MASALA

- Take red chilli powder, coriander powder, and dry mango powder. Mix well and keep it aside.

### FOR PREPARING ARBI TUK/KACHALU TUK

- Boil the arbi till the pressure cooker generates steam. Then peel it.
- Then make a vertical slit from the top to the bottom. Add salt inside of arbi. Likewise, prepare all the other arbi pieces.
- Meanwhile, heat oil in a pan for frying the arbi. When the oil is hot, fry the arbi on a medium to high flame until it turns light golden brown from all sides.
- While adding arbi in hot oil for frying, keep the flame at medium. Then fry them on a high flame.
- Take out the half-fried arbi on a plate. Let it cool down.
- Now take one half-fried arbi between butter paper and press it using your palm to make it flat. Likewise, prepare all the other arbi pieces.
- Now deep fry them again on a low flame till they become crispy and golden brown from both sides.
- The arbi should be flipped carefully while frying again; otherwise, it might be broken.
- Once done, take them out on a serving plate using a slotted spoon. Now sprinkle prepared masala on it.
- 'Arbi Tuk' is ready to be served.

## Tips

- Around 2 inches long and thick arbi should be selected to prepare this dish.
- While adding arbi in hot oil for frying the first time, the flame should be kept at medium. Then they should be fried them on a high flame.
- The arbi can be pressed between the palms or with a masher.
- Roasted cumin seed powder can be added to the dry masala.
- If the arbi is thick, it should be made half and then pressed to make it flat.
- The arbi should be flipped carefully while frying again; otherwise, it might get broken.

# Green Garlic Paratha With Raita

prepared by a lovely mom  
**Neetu Raheja**  
From New Delhi

**A STUFFED, SPICY  
PARATHA**

---

**PREP TIME: 10 MIN**  
**READY IN: 15 MIN**  
**SERVING: 2**



## Ingredients

### FOR STUFFING

- Green garlic/Hara lahsun - 1 bunch
- Green chilli/Hari mirchi - 2 to 3, finely chopped
- Salt - to taste
- Red chilli powder/Lal mirchi powder - 1/2 tsp
- Coriander leaves/Hara dhaniya - a handful
- Dry coriander seeds/Sabut dhaniya - 1/2 tsp
- Ghee - as required
- Butter - for garnishing



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# Green Garlic Paratha With Raita

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## Ingredients

- **FOR RAITA**
- Curd - 1 cup, beaten
- Salt - to taste
- Cumin powder/Jeera powder - 1/2 tsp
- Green garlic stems - 1 tsp
- Ghee - 1/2 tsp
- **OTHER INGREDIENTS**
- Dough - as required

## Instructions

- **FOR PREPARING THE STUFFING**
- Peel the dead skin of green garlic from the top and the tip at the other end. Then wash, dry and chop it.
- Take the chopped green garlic in a bowl. Add coriander leaves, green chilli, salt, red chilli powder, and dry coriander seeds. Mix well. Keep this mix aside.
- **FOR PREPARING THE PARATHA**
- Take a big, ball-sized portion of the dough, shape it into a ball, and flatten it. Then roll it and prepare a big roti.
- Put the garlic stuffing in the centre. Cover and seal it properly. Dust it with flour. Roll it and prepare the paratha.
- Meanwhile, heat a tawa. Place the paratha on the tawa. Cook on one side.
- Flip it and, once it is slightly brown, apply ghee on both sides and cook it on a low to medium flame. Press the paratha while cooking it to make it crispy.
- Once done, take it out on a serving plate. Add some butter to it.



# Green Garlic Paratha With Raita

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## Instructions

### **FOR PREPARING THE RAITA**

- Heat ghee and garlic stems in a tadka pan. Sauté it for 2 minutes on a low flame. Keep it aside.
- Take beaten curd in a bowl. Add coriander leaves and cumin powder.
- Now add sautéed garlic to the bowl. Then add salt. Mix well.
- 'Green Garlic Paratha With Raita' is ready to be served.

## Tips

- Oil or butter can be used instead of ghee.
- A chopper should not be used to chop green garlic; otherwise, it will release water.
- If a non-stick tawa is being used, then the paratha should be roasted on a high flame.
- If roasting the paratha on an iron tawa, the flame should be kept low.
- It is recommended to serve this paratha with [Dal makhani](#) or [Sarson ka Saag](#).

# Besan Paneer Chilla

prepared by a lovely mom  
**Shveta Sheth**  
From Mumbai

**A HEALTHY TIFFIN SNACK**

---

**PREP TIME: 5 MIN**  
**READY IN: 10 MIN**  
**SERVING: 1**



## Ingredients

### FOR PREPARING PANEER MIXTURE

- Onion/Pyaz - 1, finely chopped
- Coriander leaves/Hara Dhaniya - a handful
- Paneer - 1/2 cup
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1/4 tsp
- Chaat masala - 1/2 tsp
- Black pepper powder/Kali mirch powder - 1/4 tsp

### FOR PREPARING BESAN PANEER CHILLA

- Gram flour/Besan - 2 Tbsp
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1/2 tsp + for garnishing
- Turmeric powder/Haldi powder - a pinch
- Water - as required
- Ghee - as required



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# Besan Paneer Chilla

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## Instructions

### **FOR PREPARING PANEER MIXTURE**

- Take onion in a bowl. Add coriander leaves, mashed paneer, salt, red chilli powder, and black pepper powder. Mix well.

### **FOR PREPARING BESAN PANEER CHILLA**

- Take gram flour in a bowl. Add salt, red chilli powder, and turmeric powder. Then add water gradually and prepare a medium thick consistency batter.
- Meanwhile, heat a tawa. Grease it with ghee. Pour the batter on the tawa and spread it like a small pancake. Cover the pan with a lid and cook it for 3 to 4 minutes on a low flame.
- Now spread the prepared paneer mixture on it and press it. Now sprinkle red chilli powder on it. Pour some drops of ghee on it.
- Flip it to cook the other side as well. Once it is cooked on both sides, transfer it to a serving plate.
- 'Besan Paneer Chilla' is ready to be served.

## Tips

- Cheese can be added to the chilla.
- It is recommended to prepare this recipe using [Homemade Paneer](#).



# Ram Khichdi

prepared by a lovely mom  
Kiran Tanwar  
From Rajasthan

**A DELICIOUS AND  
HEALTHY FOOD FROM  
THE RAJASTHANI CUISINE**

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**PREP TIME: 15 MIN  
READY IN: 30 MIN  
SERVING: 5**



## Ingredients

### FOR PREPARING GATTE

- Gram flour/Besan - 2 Tbsp
- Coriander seeds/Sabut dhaniya - 1 tsp
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1 tsp
- Cumin seeds/Jeera - 1/2 tsp
- Turmeric powder/Haldi powder - 1/4 tsp
- Oil - 1 tsp + for frying
- Water - as required

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# Ram Khichdi

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## Ingredients

### FOR PREPARING RAM KHICHDI

- Oil – 2 Tbsp
- Cumin seeds/Jeera – 1/2 tsp
- Asafoetida/Hing – a pinch
- Potato/Aloo – 1, diced
- Cauliflower/Phulgobhi – 1/4 cup, chopped
- Capsicum – half, chopped
- Red chilli/Lal mirch – half, chopped
- Black peppercorn/Kali mirch – 2 to 3
- Cloves/Laung – 2 to 3
- Bay leaf/Tej patta – 1
- Coriander seeds/Sabut dhaniya – 1 tsp
- Salt – to taste
- Red chilli powder/Lal mirch powder – 1 tsp
- Turmeric powder/Haldi powder – 1/2 tsp
- Coriander powder/Dhaniya powder – 1 tsp
- Water – 2 cups
- Rice/Chawal – 1 cup
- All spice mix powder/Garam masala – 1 tsp (optional)
- Cashew/Kaju – as required for garnishing
- Raisins/Kishmish – as required for garnishing
- Tomato/Tamatar – 1, chopped
- Mint leaves/Pudina – a handful
- Milk – 1 Tbsp

## Instructions

- Wash rice and soak it in water for 15 minutes. Keep it aside.

### FOR PREPARING GATTE

- Take besan in a bowl. Add coriander seeds, salt, red chilli powder, cumin seeds, turmeric powder, and oil. Add water gradually to prepare a medium-consistency dough.
- Divide the prepared dough into two parts. Take one part of the dough and prepare a cylindrical shape. Now cut small pieces from it to prepare gatte. Likewise, prepare gatte from the other part.

# Ram Khichdi

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## Instructions

- Meanwhile, heat oil in a pan. Place the prepared gatte one by one and deep fry them on a high flame until they become golden and crispy.
- Once done, transfer them to a plate and keep the plate aside.

### **FOR PREPARING RAM KHICHDI**

- Heat oil in the same pan. Add cumin seeds, asafoetida, potato, cauliflower, capsicum, and red chilli. Sauté them on a medium flame for 2 to 3 minutes.
- Then add black peppercorn, cloves, bay leaf, coriander seeds by rubbing between your palms, salt, red chilli powder, turmeric powder, and coriander powder. Mix well.
- Now add water. Mix well and cook it till the water starts to boil. Then add soaked rice. Mix well.
- After 3 to 4 minutes, add the prepared gatte. Mix well. Let it cook for 3 to 4 minutes. Cover the pan with a lid. Let it cook.
- Cook it for 15 minutes on a low flame. First keep the flame high, and when the water starts to boil, keep the flame low.
- Then add all spice mix powder, cashew, kishmish, and tomato. Mix well. Keep the flame low. Let it cook for 1 to 2 minutes.
- Now add mint leaves and milk. Turn off the flame. Cover the pan with a lid for 4 to 5 Minutes.
- Once done, take it out on a serving plate.
- 'Ram Khichdi' is ready to be served.

## Tips

- Any type of oil can be used.
- The ratio of rice to water should be 1:2.
- Prepare this dish using basmati rice.



# Besan Ki Kachori

prepared by a lovely mom  
**Rashmi Bhargava**  
From Rajasthan

## A DIFFERENT TYPE OF KACHORI

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**PREP TIME: 10 MIN**  
**READY IN: 22 MIN**  
**SERVING: 4**



## Ingredients

### FOR THE DOUGH

- Maida/Refined flour - 1 cup
- Sooji/Semolina - 1 Tbsp
- Oil - 3 Tbsp
- Salt - to taste
- Water - as required

### FOR STUFFING

- Besan/Gram Flour - 1 cup
  - Red chilli powder/Lal mirch powder - 1 tsp or to taste
  - Asafoetida/Hing - a pinch
  - Saunf/Fennel seeds - 1 tsp, crushed
  - Pudina powder/Dry mint powder - 1 tsp
  - Salt - to taste
  - Oil - 2 Tbsp
- ### OTHER INGREDIENTS
- Oil - for frying



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# Besan Ki Kachori

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## Instructions

### FOR DOUGH

- In a bowl, add maida, sooji, oil and salt. Mix well. Check the moyan by binding the flour. If it binds, the moyan is perfect; else, add more oil.
- Add water in small quantities and make a medium-soft dough.

### FOR STUFFING

- Roast the besan for 6 to 7 minutes or till it is light brown in colour. Allow it to cool down completely.
- Then, add salt, red chilli powder, dry mint powder, crushed fennel seeds, asafoetida, and oil. Mix them well. If you want, sprinkle a little water and mix well. The stuffing is ready now.

### FOR KACHORI

- Take a small portion of the dough. Roll it like a poori using a rolling pin.
- Place the stuffing ball on the dough. Bring the edges of the dough together and join them at the centre. Roll it slightly. Repeat the process for making the other kachoris.
- Meanwhile, heat oil in a kadai/wok. Fry the kachoris from both sides on a medium flame until they turn golden brown. Once done, take them out.
- Crispy 'Besan Ki Kachori' is ready to be served.

## Tips

- It should be ensured to cool down the filling of the Kachori; else, it may break while frying.
- If the kachori breaks while frying, prepare refined flour slurry and apply it on the kachori.
- These kachoris can be stored for a month in an airtight container.
- If desired, some water may be sprinkled on the stuffing to make it soft.

# Leftover Rice Dosa

**By Vijay Haldiya**  
**Founder**  
**Zayka Ka Tadka**

**A UNIQUE IDEA FOR  
USING LEFTOVER RICE**

---

**PREP TIME: 15 MIN**  
**READY IN: 20 MIN**  
**SERVING: 3**



## Ingredients

- Leftover rice/Cooked rice - 1 cup
- Semolina/Sooji/Rava - 1 cup
- Curd - 1/2 cup
- Water - as required
- Salt - to taste
- Oil - as required
- Schezwan sauce - as required
- Onion/Pyaz - 1, finely chopped
- Cheese - as required

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# Leftover Rice Dosa

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## Instructions

- Take leftover rice, sooji, curd, and 1/2 cup water in a grinding jar. Grind it to make a smooth paste. Transfer to a bowl.
- Add salt and keep it aside for 15 minutes. After 15 minutes, add some water and prepare a medium-thick-consistency batter.
- Now heat a tawa. Sprinkle some water and wipe the tawa with a cloth.
- Pour the batter on the tawa to make a dosa. Pour some oil on top of it. Cook it on a low flame till it becomes crispy.
- Now apply Schezwan sauce to the dosa. Sprinkle onion on it. Grate cheese on the dosa.
- Once it is done, take it out on a serving plate.
- 'Leftover Rice Dosa' is ready to be served.

## Tips

- Ghee can be used instead of oil.
- It is recommended to prepare this dish using [Schezwan Chutney](#) | [Schezwan Sauce](#).

# Spinach Cheese Parcels

prepared by a lovely mom  
**Avni Panjwani**  
From Kolkata

**A CRISPY AND TASTY  
APPETIZER WITH A  
UNIQUE SHAPE**

---

**PREP TIME: 5 MIN**

**READY IN: 15 MIN**

**SERVING: 2**



## Ingredients

### FOR DOUGH

- All-purpose flour/Maida - 1/2 cup
- Oil - 1 Tbsp
- Salt - to taste
- Water - as required

### FOR BLANCHING SPINACH

- Spinach/Palak - 1 cup, finely chopped
- Water - as required

### FOR STUFFING

- Oil - 1 Tbsp
- Garlic - 3 to 4 cloves, chopped
- Onion/Pyaz - 1, finely chopped

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# Spinach Cheese Parcels

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## Ingredients

- Blanched Spinach/Paalak – 1 cup
- Salt – to taste
- Black pepper powder/Kali mirch powder – 1/2 tsp
- Grated cheese – as required

### **FOR SLURRY**

- All-purpose flour/Maida – 1 tsp
- Water – as required

### **OTHER INGREDIENTS**

- Oil – for frying

## Instructions

### **FOR PREPARING DOUGH**

- Take all-purpose flour in a bowl. Add oil and salt. Mix well. Add water gradually to knead dough of a medium soft consistency. Cover it with a lid. Keep it aside and let it rest for 5 to 10 minutes.

### **FOR BLANCHING SPINACH**

- Boil spinach for 2 to 3 minutes in water and then transfer the boiled spinach to cold water. Then squeeze all the water. Keep it aside.

### **FOR PREPARING STUFFING**

- Heat oil in a pan. Add garlic and onion. Mix well and sauté it on a medium flame for 2 or 3 minutes till it becomes light golden.
- Now add blanched spinach. Mix well. Cook it for 2 to 3 minutes. Turn off the flame. Then add salt and black pepper. Mix well. Keep it aside and let it cool down.
- Add grated cheese in the spinach mixture after it has completely cooled down; otherwise, the cheese will be melted.

### **FOR MAKING SLURRY**

- Take all-purpose flour and water in a bowl. Mix well and prepare slurry of a thick consistency.



# Spinach Cheese Parcels

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## Instructions

### **FOR PREPARING SPINACH CHEESE PARCEL**

- Take a small, ball-sized portion of the dough. Roll it and make a small puri. Cut away its sides and prepare a square shape.
- A square shape can be made by putting all the puris on one another and cutting its sides to prepare a square or cutting with a square-shaped mold to save time.
- Fill the stuffing in the middle part of the square. Apply slurry on all borders of the square shape.
- Now pick up opposite sides of squares and press them. Then pick up another side and press its borders well to prepare a spinach cheese parcel. Likewise, prepare all the parcels.
- Meanwhile, heat oil in a pan. Place the prepared spinach cheese parcels one by one into the oil and deep fry them on a low to medium flame.
- Fry them until they become golden and crispy. Once done, transfer them to a serving plate.
- 'Spinach Cheese Parcels' is ready to be served.

## Tips

- A square shape can be made by putting all the puris on one another and cutting its sides to prepare a square or cutting with a square-shaped mold to save time.
- Grated cheese should be added in the spinach mixture only after it has completely cooled down; otherwise, the cheese will melt.

# Chocolate Banana Spread

prepared by a lovely mom  
**Archana Chakravarthy**  
From Karnataka

**A SUPER-DELICIOUS DISH**

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**PREP TIME: 5 MIN**

**READY IN: 5 MIN**

**SERVING: 5**



## Ingredients

- Banana/Kela - 2, small
- Honey/Shahad - 2 Tbsp
- Cocoa powder - 2 tsp
- Milk - as required
- Soaked almonds - 7 to 8, chopped + for garnishing
- Butter - as required, optional
- Bread - 1

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# Chocolate Banana Spread

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## Instructions

- Soak almonds for two to three hours. After soaking, chop them and keep them aside.
- Now, peel the bananas and slice them. Put chopped almonds and sliced bananas in a grinder jar.
- Then, add honey, cocoa powder and a little milk in a bowl. Mix them properly. Pour the mixture in the grinder jar.
- Grind them to make a smooth spread.
- Meanwhile, heat a pan. Take a bread slice and apply some butter on it. Place it on a hot pan and roast it. Apply butter on another side and flip it for roasting.
- Once done, take it out on a serving plate. Now, apply the prepared spread. Sprinkle chopped almonds.
- 'Chocolate Banana Spread' is ready to be served.

## Tips

- It can be spread on bread or rusk or roti as per your preference.
- Almonds can be used without soaking.



# Tomato Cheese Bites

prepared by a lovely mom  
**Binoo Soral**  
From Rajasthan

**A SIMPLE YET MOUTH-  
WATERING APPETIZERS**

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**PREP TIME: 5 MIN**

**READY IN: 7 - 8 MIN**

**SERVING: 3 - 4**



## Ingredients

- Cheese cubes - 2, grated
- Onion/Pyaz-Green chilli - 2 tsp, finely chopped
- Tomato - 1 tsp, finely chopped
- Salt - to taste
- Black pepper powder/Kali mirch powder - 1/4 tsp
- Brown bread slice - 1
- Water - as required
- Oil - for frying

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# Tomato Cheese Bites

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## Instructions

### **FOR PREPARING THE STUFFING**

- In a bowl, add grated cheese, onion-green chilli, tomato, salt, and black pepper powder and mix them well.

### **FOR PREPARING THE CHEESE BITES**

- Cut the bread slice into two parts and dip it in water. Immediately squeeze out the excess water from it and add the stuffing in it.
- Join the edges and make it into a round ball.
- Meanwhile, heat oil in a pan for frying.
- Drop the cheese ball in the pan and deep fry it until it turns golden brown on a low flame. Likewise, follow the process for all the other cheese balls.
- 'Tomato Cheese Bites' are ready to be served.

## Tips

- Any available vegetables of choice can be used.
- Any type of bread of choice can be used.

# Tandoori Aloo Roll

prepared by a lovely mom  
**Shveta Sheth**  
From Mumbai

**A POPULAR STREET FOOD**

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**PREP TIME: 10 MIN**  
**READY IN: 25 MIN**  
**SERVING: 2**



## Ingredients

### FOR MARINATION

- Thick curd/Hung curd - 2 Tbsp
- Roasted gram flour/Besan - 1 Tbsp
- Ginger-garlic/Adrak lahsun - 1 tsp, shredded
- Dry mango powder/Amchur powder - 1/2 tsp
- Black pepper powder/Kali mirch powder - 1/4 tsp
- All spice mix powder/Garam Masala - 1/2 tsp
- Chaat masala - 1/2 tsp
- Black salt/Kala namak - 1/2 tsp
- Salt - to taste

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# Tandoori Aloo Roll

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## Ingredients

- Turmeric powder/Haldi powder - a pinch
  - Red chilli powder/Lal mirch powder - 1 tsp
  - Mustard oil/Sarso ka tel - 2 to 3 Tbsp
  - Parboiled potato/Aloo - 2, diced
  - Oil - as required
  - Coriander leaves/Hara Dhaniya - a handful
  - Lemon juice - of 1/2 lemon
  - Salt - to taste
- FOR PREPARING TANDOORI ALOO**
- Roti - 1
  - Green chutney - as required
  - Chaat masala - as required
  - Coriander leaves/Hara Dhaniya - a handful
- FOR PREPARING SALAD**
- Cabbage/Patta gobhi - 1 cup, grated
  - Onion/Pyaz - 1, sliced
  - Chaat masala - 1/2 tsp

## Instructions

- Take curd in a bowl. Add roasted gram flour, grated ginger-garlic, dry mango powder, black pepper powder, all spice mix powder, chaat masala, black salt, salt, turmeric powder, red chilli powder, and mustard oil. Mix well.
- Now add potato. Mix well. Cover the bowl with a lid. Then keep it aside to marinate for 30 minutes.
- After 30 minutes, take a skewer, add marinated potato to it. Likewise, prepare another skewer.
- Grease the grill pan with oil. Place the skewers on the pan. Keep flipping them to roast the potatoes on all sides.
- Roast it for 7 to 8 minutes on a low to medium flame till it becomes a little brown or charred. Once done, keep it aside.

**FOR PREPARING SALAD**

- Now take cabbage in a bowl. Add onion, coriander leaves, chaat masala, lemon juice, and salt. Mix well. Keep it aside.



# Tandoori Aloo Roll

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## Instructions

### **FOR MAKING TANDOORI ALOO**

- Take a roti. Apply green chutney to it. Now add one skewer of prepared tandoori aloo to it. Remove the skewer.
- Then add the prepared salad to it. Sprinkle chaat masala and coriander leaves on it.
- Roll the roti to make a complete roll. Secure it with a toothpick. Transfer it to a serving plate.
- 'Tandoori Aloo Roll' is ready to be served.

## Tips

- The gram flour should be roasted for 5 to 6 minutes on a low flame.
- To parboil them, the potatoes should be cooked in a pressure cooker until 1 whistle.
- The marinated potatoes can be kept in the refrigerator.
- The roll can be roasted on a tawa.
- It is recommended to prepare this dish using [Green Chutney](#) | [Hari Chutney](#) | [Coriander Chutney](#).

# Tuwar Dal Ki Chutney

prepared by a lovely mom  
**Sandhya KP**  
From Hyderabad

**A SPICY AND TASTY  
CHUTNEY**

---

**PREP TIME: 2 MIN**  
**READY IN: 7 MIN**  
**SERVING: 4**



## Ingredients

- Pigeon pea/Tuwar dal - 1/2 cup
- Dry red chilli/Sukhi lal mirch - 1 cup
- Cumin seeds/Jeera - 1/2 tsp
- Salt - to taste
- Turmeric powder/Haldi powder - a pinch
- Tamarind/Imli - 2 to 3 small pieces
- Water - as required

### **FOR TADKA**

- Oil - 4 Tbsp
- Mustard seeds/Rai - 1/4 tsp
- White gram/Urad dal - 1 tsp
- Cumin seeds/Jeera - 1/4 tsp
- Garlic/Lahsun - 8 to 9 cloves, finely chopped
- Curry leaves/Curry patta - a few
- Dry red chilli/Sukhi lal mirch - 2 to 3
- Asafoetida/Hing - 1 tsp



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# Tuwar Dal Ki Chutney

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## Instructions

- Dry roast tuwar dal for 2 minutes on a medium flame till a nice aroma begins to rise and the dal turns into a nice golden brown colour. Then turn off the flame and transfer the roasted tuwar dal to a bowl.
- Now roast dry red chillies and cumin seeds in the same hot pan. Do not turn on the flame while roasting red chillies and cumin seeds. Roast them in a hot pan only to remove the moisture of the red chilli.
- Now transfer the red chillies and cumin seeds to a grinding jar. Dry grind them. Then add roasted tuwar dal, tamarind, salt, and turmeric powder. Add a little water and grind them.
- Add a little water again and grind it. Add water gradually while grinding the chutney. The chutney should be coarsely ground and its consistency should be thick.

### **FOR PREPARING THE TADKA**

- Heat oil in a tadka pan. Add garlic. Sauté it till turns into a nice golden brown colour. Now turn off the flame.
- Then add urad dal, mustard seeds, and cumin seeds. Mix well. Roast urad dal in hot oil till it turns into a nice golden brown colour.
- Meanwhile, take out the golden brown garlic pieces from the hot oil and add them to the ground chutney bowl.
- Then add curry leaves and dry red chilli. Mix well. Then add asafoetida. Mix well.
- Now pour the half-prepared tadka into the ground chutney and mix well. Then add again the left tadka to the chutney and mix well.
- 'Tuwar Dal Ki Chutney' is ready to be served.

# Tuwar Dal Ki Chutney

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## Tips

- Tuwar dal should be dry roasted and not washed before roasting.
- The flame should be turned off while roasting red chillies and cumin seeds. They should be roasted in a hot pan only to remove the moisture from the red chillies.
- Garlic and asafoetida will give a nice taste to this chutney, so do not skip them.
- The dry roasted tuwar dal can be stored in an airtight container. The container should, however, not be kept in the refrigerator.
- The spiciness of the chutney can be adjusted to taste.
- Water should be added gradually while grinding the chutney.
- The chutney should be coarsely ground, and its consistency should be thick.
- Add a little water to make the consistency thin to serve this chutney with dosa.



# Pineapple Beetroot Mocktail

prepared by a lovely mom  
**Renu Natani**  
From Rajasthan

**A FRESH AND ENERGETIC  
DRINK**

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**PREP TIME: 5 MIN**

**READY IN: 5 MIN**

**SERVING: 2**



## Ingredients

- Pineapple - 1, chopped
- Ginger/Adrak - 1 inch, chopped
- Beetroot -1, chopped
- Fresh Mint Leaves/Pudina - 1 cup
- Water - as required
- Soda Water/Soft Drink/Chilled Water - as required



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# Pineapple Beetroot Mocktail

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## Instructions

- Take pineapple, ginger, beetroot, and mint leaves in a grinder jar. Add some water and grind it. Prepare a fine puree.
- Sieve the mixture and prepare thick juice. Add soft drink in a bowl to adjust consistency. Transfer to a serving glass.
- 'Pineapple Beetroot Mocktail' is ready to be served.

## Tips

- Any soft drink, soda water, or even chilled water can be used.

# Kair Daakh Ki Sabji

prepared by a lovely mom  
**Meena Burat**  
From Rajasthan

**A RAJASTHANI DELICACY**

---

**PREP TIME: 300 MIN**  
**READY IN: 310 MIN**  
**SERVING: 4**



## Ingredients

- Kair - 1/4 cup
- Ghee - 2 Tbsp
- Cumin seeds/Jeera - 1 tsp
- Asafoetida/Hing - a pinch
- Ginger-green chilli paste/Adrak hari mirchi paste - 1 tsp
- Curd - 1 cup
- Red chilli powder/Lal mirchi powder - 1 tsp
- Turmeric powder/Haldi powder - 1/4 tsp

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# Kair Daakh Ki Sabji

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## Ingredients

- Coriander powder/Dhaniya powder - 2 tsp
- Cashew powder/Kaju powder - 3 tsp
- Raisins/Kishmish - 1/2 cup
- Cashew/Kaju - 8 to 10
- All spice mix powder/Garam masala - 1/2 tsp
- Salt - to taste

## Instructions

- Soak kair for 4 to 5 hours. Then cook it in the pressure cooker till 1 whistle. Keep it aside. Soak kishmish and cashews separately in hot water for 10 minutes. Keep them aside.
- Take curd in a bowl. Add red chilli powder, turmeric powder, and coriander powder. Keep it aside.
- Heat ghee in a pan. Add cumin seeds, asafoetida, and ginger-green chilli paste. Then keep the flame low. Then add the prepared masala curd. Mix well.
- Stir the curd continuously for 3 to 4 minutes till it starts to boil. Then add the cashew powder. Mix well. Boil it for 3 to 4 minutes till the gravy becomes thick and the ghee separates.
- Now add all spice mix powder and salt. Mix well. Then add the prepared kair. Mix well.
- Then add soaked kishmish and cashew. Mix well. Then cook it for more 2 to 3 minutes till the gravy starts to boil. Once done, transfer it to a serving bowl.
- 'Kair Daakh Ki Sabji' is ready to be served.

## Tips

- Garlic can be added to the sabji.
- The curd should be stirred continuously until it starts to boil.
- If kair is not available, this dish can be prepared with only cashew and kishmish.



# Maharashtrian Style Kaddu Ki Sabji

prepared by a lovely mom  
**Anuradha Sharma**  
From Pune

**A ONE OF THE BEST  
PUMPKIN SABJIS**

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**PREP TIME: 3 - 4 MIN**  
**READY IN: 13 - 14 MIN**  
**SERVING: 1 - 2**



## Ingredients

- Oil - 1 to 2 Tbsp
- Kaddu/Pumpkin - 250g
- Sukha nariyal/Desiccated coconut - 1 cup, grated
- Mungfali/Peanuts - 1 cup
- Til/Sesame seeds - 1 cup
- Hari mirchi/Green chilli - 3
- Lehsun/Garlic - 5 to 6 cloves, optional
- Hing/Asafoetida - 1 pinch

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# Maharashtrian Style Kaddu Ki Sabji

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## Ingredients

- Danamethi/Fenugreek Seeds - 1/2 tsp
- Mustard seeds/Rai - 1 tsp
- Cumin seeds/Jeera - 1 tsp
- Curry leaves/Curry patta - a few
- Ginger/Adrak - 1 tsp, grated
- Red chilli powder/Lal mirch powder - 1 tsp
- Coriander seed powder/Dhaniya powder - 1 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- Salt - to taste
- Sugar - 1 tsp
- Dry Mango Powder/Amchur - 1/2 tsp
- All spice mix powder/Garam masala - 1/2 tsp
- Coriander leaves - as required
- Water - as required

## Instructions

- Peel and cut the pumpkin into medium-size cubes. Keep them aside.
- Grind desiccated coconut, peanuts, sesame seeds, green chillies, and garlic to a paste using a grinder.
- Heat oil in a pan. Add cumin seeds, mustard seeds, fenugreek seeds, and asafoetida.
- Then, add curry leaves, grated ginger, and the prepared paste. Sauté it until it leaves the oil.
- Now, add red chilli powder, coriander powder, all spice mix powder, and coriander leaves. Mix them well.
- Add a little water, pumpkin cubes, and salt. Mix them. Cover the pan with a lid and cook it for 2 to 3 minutes.

# Maharashtrian Style Kaddu Ki Sabji

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## Instructions

- After 2 to 3 minutes, remove the lid and add sugar. Add water, if required. Cover it again and cook it 6 to 7 minutes on a low to medium flame.
- Once done, turn off the flame. Add dry mango powder in it and mix it well. Transfer it to a serving bowl and garnish it with coriander leaves.
- 'Maharashtrian Style Kaddu Ki Sabji' is ready to be served.

## Tips

- The paste can be stored in an air-tight container in the refrigerator for 2 to 3 days. The paste can be used for preparing other sabjis.
- Other spices may be added according to your taste.
- Instead of desiccated coconut, fresh coconut can be used.
- Instead of dry mango powder, lemon juice or chaat masala can be used.
- Water should be added to adjust the consistency of the sabji as required.
- Garlic is optional.

# Protein Milkshake

prepared by a lovely mom  
**Ramya Ollalwar**  
From California, USA

**A HEALTHY DRINK**

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**PREP TIME: 20 MIN**  
**READY IN: 23 MIN**  
**SERVING: 2**



## Ingredients

- Chia seeds - 1 tsp
- Cocoa powder - 2 tsp
- Milk - 1 cup
- Banana - half, sliced
- Apple - half, pieced
- Oats - 1 Tbsp
- Spinach leaves - a handful (optional)
- Peanut butter - 1 Tbsp

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# Protein Milkshake


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## Instructions

- In a small bowl, take the chia seeds and cocoa powder. Add some milk and mix together. Soak the mixture for 20 minutes to have medium consistency.
- Take the milk in a mixer jar. Add the banana slices, apple pieces, oats, spinach leaves, and peanut butter. Grind together to make the drink.
- Take two serving glasses. First add the chia seeds, cocoa powder, and milk mixture. Pour the milkshake and again garnish it with the mixture.
- 'Protein Milkshake' is ready to be served.

## Tips

- The chia seed, cocoa powder, and milk mixture should first be prepared.
- Sabja seeds can be used instead of chia seeds.
- Spinach leaves is optional.
- Roast the peanuts and grind them when lukewarm for 3 to 4 minutes without adding sugar or jaggery to make peanut butter.
- If desired, dry fruits like dates, almonds or almond flour can be added to the milkshake while serving.



Zayka  
Ka  
Tadka

**Enjoy!**