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# ZAYKA KA TADKA

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Unedited  
live recipes



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वही बनता है !



Zayka  
Ka  
Tadka



JULY - 2022

LIVE FROM THE KITCHENS OF MOMS OF INDIA







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# MOONG PANEER SANDWICH

*a spicy, protein-rich breakfast*

*By Swati Sharma*

*From Chattisgarh*



SERVINGS: 1

PREPARATION TIME: 3 MIN

COOKING TIME: 2 MIN

## INGREDIENTS

- **FOR PREPARING THE MOONG-PANEER MIXTURE**
- Pomegranate/Anar - 1 cup
- Green gram/Moong beans - 1/2 cup
- Water - as required
- Paneer/Cottage cheese - 1 cup, grated
- Coriander leaves/Hara dhaniya - a handful
- Black salt/Kala namak - 1/4 tsp
- Chaat masala - 1/2 tsp
- Black pepper powder/Kali mirch powder - 1/4 tsp
- **FOR PREPARING THE MOONG-PANEER SANDWICH**
- Clarified butter/Ghee - as required
- Wheat bread - 2 slices
- Green chutney - as required
- Tomato ketchup - as required

## DIRECTIONS

- **FOR PREPARING THE MOONG-PANEER MIXTURE**
- Wash and soak the moong overnight. In the morning, drain out its water and wash it. Keep it aside.
- Take pomegranate, soaked moong, paneer, coriander leaves, black salt, chaat masala, and black pepper powder in a bowl. Mix well.
- **FOR PREPARING THE MOONG PANEER SANDWICH**
- Heat a tawa. Grease it with ghee. Place bread slices on it. Apply ghee to it and toast it for 1 to 2 minutes on a low flame.
- Then flip it and apply ghee. Roast it from both sides on a low flame by applying ghee till it turns light brown.
- Once done, take it out on a plate. Now take a bread slice and apply green chutney to the bread.
- Apply tomato ketchup on another bread slice. Spread the prepared moong-paneer mixture on it and cover it with the green-chutney-applied bread slice. Transfer it to a serving plate.
- 'Moong Paneer Sandwich' is ready to be served.

## TIPS

- Any type of bread can be used to prepare this sandwich.
- If desired, moong can be cooked in a pressure cooker for 1 whistle.

# MIX VEG AKKI ROTI WITH COCONUT CHUTNEY

*one of the most famous dishes of Karnataka*

*By Apeksha Narumanchi & Lakshmi Prasad*

*From Karnataka*



SERVINGS: 1

PREPARATION TIME: 6 MIN

COOKING TIME: 6 MIN

## INGREDIENTS

### • FOR PREPARING MIX VEG AKKI ROTI

- Onion/Pyaz – 1, finely chopped
- Carrot/Gajar – 1 Tbsp, grated
- Dill leaves/Suva bhaji – a handful, finely chopped
- Coriander leaves – a handful, finely chopped
- Green chilli/Hari mirchi – 1, finely chopped (optional)
- Fresh coconut/Nariyal – 1 Tbsp, grated
- Rice flour/Chawal ka aata – 1 cup
- Salt – to taste
- Cumin seeds/Jeera – 1 tsp
- Asafoetida/Hing – a pinch
- Water – as required
- Oil – as required
- Clarified butter/Ghee – as required

### • FOR PREPARING COCONUT CHUTNEY

- Fresh coconut/Nariyal – 1/2 cup, chopped
- Cashews/Kaju – 1/2 cup
- Salt – to taste
- Coriander leaves – a handful
- Green chilli/Hari mirchi – 1 (optional)
- Water – as required

## TIPS

- To keep the akki roti soft, ghee should be applied on it after cooking it.

## DIRECTIONS

### • FOR PREPARING MIX VEG AKKI ROTI

- Take rice flour in a big bowl. Add onion, carrot, dill leaves, coriander leaves, green chilli, fresh coconut, salt, asafoetida, and cumin seeds. Mix well.

- Add water gradually to prepare a soft-consistency dough.

### • FOR PREPARING AKKI ROTI DIRECT TO THE PAN

- Take a pan. Grease it with oil. Take a small, ball-sized dough. Gently press it and spread it with fingers on the pan to prepare a thin, round roti.
- Place the pan on medium flame. Sprinkle some drops of oil on it. Cover it with a lid. Let it cook for 2 to 3 minutes.
- Once cooked well from one side, flip it and cook it from the other side for 1 to 2 minutes. Once it is done, take it out on a serving plate. Apply ghee on it.

### • FOR PREPARING AKKI ROTI ON BUTTER PAPER

- Take a butter paper. Grease it with oil. Take a small, ball-sized dough. Gently press it and spread it with fingers on the butter paper to prepare a thin, round roti. Sprinkle some drops of water on it while spreading it.
- Meanwhile, heat a pan. Flip the butter paper on the tawa and remove the butter paper from the akki roti. Sprinkle some drops of oil on it.

- Cover it with a lid. Let it cook for 2 to 3 minutes on medium flame. Once cooked well from one side, flip it and cook it from the other side for 1 to 2 minutes.

- Once it is done, take it out on a serving plate. Apply ghee on it.

### • FOR PREPARING COCONUT CHUTNEY

- Grind fresh coconut, cashews, salt, coriander leaves, green chilli, and a little water in a grinding jar for 30 to 40 seconds.
- Take it out on a serving bowl.
- 'Mix Veg Akki Roti with Coconut Chutney' is ready to be served.



# ROTI TACOS

*a healthy fusion dish*

*By Vijay Haldiya & Shveta Sheth*



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

### • FOR PREPARING THE STUFFING

- Oil - 1 Tbsp
- Onion/Pyaz - 1, finely chopped
- Ginger/Adrak - 1 inch, grated
- Green chilli/Hari mirch - 1, finely chopped
- Capsicum - 1, finely chopped
- Sweet corn - 1/2 cup
- Coriander leaves/Hara dhaniya - a handful
- Salt - to taste
- Boiled potatoes/Aloo - 2 to 3, peeled and mashed
- Red chilli flakes - 1 tsp
- Roasted cumin seed powder/Jeera powder - 1 tsp
- All spice mix powder/Garam masala - 1 tsp

### • FOR PREPARING THE DOUGH

- Whole wheat flour/Gehu ka aata - 2 cups
- Oil - 1 Tbsp
- Water - as required

### • FOR PREPARING THE TACOS

- Half cooked roti - 3
- Tomato ketchup - as required
- Potato stuffing - as required
- Grated cheese - as required
- Clarified butter/Ghee - as required

## DIRECTIONS

### • FOR PREPARING THE STUFFING

- Heat oil in a pan. Add onion. Mix well. Now add ginger, green chilli, and capsicum. Mix well and sauté it for 2 to 3 minutes on a high flame.
- Then add corn, coriander leaves, and salt. Mix well. Now add potato. Mix well.
- Add red chilli flakes, roasted cumin seed powder, and all spice mix powder. Mix well. Once done, turn off the flame. Keep it aside and let it cool down.

### • FOR PREPARING THE ROTI TACOS

- Take whole wheat flour in a bowl. Add salt and oil. Then add water gradually and prepare a medium-consistency dough from it.
- Take a medium-sized, ball-shaped portion of the dough, shape it into a ball and flatten it. Roll it and prepare a small-sized roti.
- Meanwhile, heat a tawa. Place the roti on the tawa. Cook it on a high flame from one side till it becomes slightly brown.
- Flip it to cook the other side as well. Once it is half cooked from both sides, transfer it to a plate.
- Apply ketchup on it. Then add cheese and potato stuffing to the half roti. Again, add cheese to it. Fold it from the middle and press it. Meanwhile, heat a tawa. Grease it with ghee and place the prepared roti tacos on it.
- Apply ghee and roast it from both sides by pressing it on a low to medium flame till it becomes crispy. Likewise, prepare all the roti tacos.
- Once it is done, take it out on a serving plate.
- 'Roti Tacos' is ready to be served with ketchup.

## TIPS

- The vegetables can be added as per choice and availability.
- Black pepper powder can be added to the stuffing.
- Spices can be added as per taste.
- All-purpose flour can be used instead of whole wheat flour.

# TRADITIONAL STYLE GWARPHALI SABJI

*a yummy and nutritious dish*

*By Deepika Ramlal*

*From Bangalore*



SERVINGS: 1 - 2

PREPARATION TIME: 5 - 6 MIN

COOKING TIME: 6 - 7 MIN

## INGREDIENTS

- Cluster beans/Gwarphali - 1 cup
- Onion/Pyaz - 2 big ones, chopped
- Tomato/Tamatar - 2 big ones, chopped
- Cumin seeds/Jeera - 1 tsp
- Roasted cumin seed powder/Jeera powder - 1 tsp
- Garlic/Lahsun - 6 to 7, chopped
- Ginger/Adrak - 1 inch, chopped
- Green chilli/Hari mirch - 2, slit
- Turmeric powder/Haldi - 1/2 tsp
- Red chilli powder/Lal mirch powder - 1 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Salt/Namak - to taste
- Water - as required
- Oil - 2 Tbsp
- Coriander leaves - as required for garnishing

## DIRECTIONS

- Wash the cluster beans and cut off their tops and ends. Heat water in a pan. Add salt and haldi powder. Then, place the cluster beans in the water and boil them for 5 minutes. After boiling, strain the water and keep the beans aside.
- Heat oil in a kadai/wok. Add cumin seeds, roasted cumin seed powder, chopped garlic, chopped ginger, and chopped onions. Sauté them till the onions turn golden brown in colour.
- Then, add chopped tomatoes and slit green chillies. Sauté them for a few minutes.
- Meanwhile, take a bowl, add red chilli powder, coriander powder, haldi powder, and salt. Add a little water and mix them well. Pour the masala in the kadai and cook it for 2 to 3 minutes.
- Then, add boiled cluster beans and mix them well. Cook for 2 to 3 minutes. You can cover the kadai with a lid to cook the beans well.
- Once cooked, garnish the dish with coriander leaves.
- 'Gwarphali Ki Sabzi | Traditional Style Gwarphali Sabji' is ready to be served.

## TIPS

- Green chilli may be added as required.
- The cluster beans can be boiled in a pressure cooker for up to a whistle.
- The sabzi can be covered with a lid to cook it well.

# GUJARATI GATHIYA

*a popular Gujarati snack*

*By Shraddha Thakrar*

*From Gujarat*



SERVINGS: 4

PREPARATION TIME: 2 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- Gram flour/Besan - 2 cups
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1 tsp
- Black pepper powder/Kali mirch powder - 1/2 tsp
- Baking soda - a pinch
- Carom seeds/Ajwain - 1/2 tsp
- Hot oil - 1 Tbsp
- Water - as required
- Oil - for frying + for greasing

## TIPS

- Water should be added carefully, as the dough requires very little amount of water.
- The flame should be kept low while making the gathiya in hot oil.
- The gathiya should be fried for 2 to 3 minutes on a high flame from one side and then flipped to fry from the other side. It shouldn't be flipped immediately.
- Any slotted spoon with round holes can be used instead of a gathiya maker.

## DIRECTIONS

- Take gram flour in a big bowl. Add salt, red chilli powder, black pepper powder, baking soda, carom seeds by rubbing between palms, and hot oil. Mix well.
- Now add water gradually and prepare a medium-consistency dough. Add water carefully, as the dough requires very little amount of water.
- **FOR MAKING GATHIYA USING MACHINE**
- Take a handy sev machine and grease it with oil from the inside. Use a mould for thick sev (a mould with big holes) to make gathiya.
- Place the mould at the bottom of the machine and place the dough in it. Close the machine tightly.
- Meanwhile, heat oil in a frying pan. Then keep the flame low and hold the machine over the oil and turn the handle of the machine to force the dough through the mould. Move the machine in a circular motion over the oil and keep turning the handle continuously.
- Then turn the machine in reverse. Now keep the flame high. Fry the gathiya for 2 to 3 minutes until it becomes light brown.
- Then flip it and fry from the other side for 2 to 3 minutes. Once done, take it out to a serving plate.
- **FOR MAKING GATHIYA USING SLOTTED SPOON**
- Take a slotted spoon with round holes. Then keep the flame low and hold the slotted spoon over the oil and rub the dough on it.
- Now, keeping the flame high, fry it for 2 to 3 minutes until it becomes light brown. Once done, take it out on a serving plate.
- 'Gujarati Gathiya' is ready to be served.

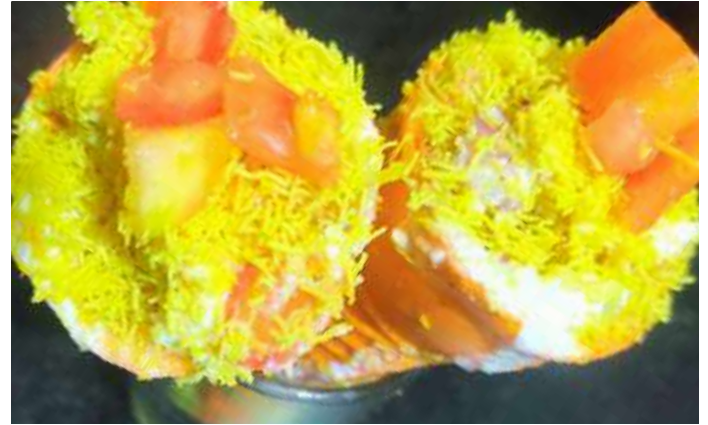


# CONE SPROUTS CHAAT

*a spicy, healthy, and tangy chaat*

*By Anuradha Sharma*

*From Pune*



SERVINGS: 1

PREPARATION TIME: 480 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

- Cone - 1
- Mixed sprouts - as required
- Curd/Dahi - as required, whisked
- Onion/Pyaz - 1 small, chopped
- Tomato/Tamatar - 1 small, chopped
- Salt - to taste
- Green chutney/Hari chutney - 1 & 1/2 Tbsp or to taste
- Meethi Chutney - 1 & 1/2 Tbsp or to taste
- Turmeric/Haldi powder - 1/2 tsp
- Zero number sev/Nylon sev - as required
- Black salt/Kala namak - 1/4 tsp
- Red chilli powder/Lal mirch powder - 1/2 tsp
- Roasted cumin seed powder/Jeera powder - 1 tsp
- Black pepper powder/Kali mirch powder - 1/2 tsp

## DIRECTIONS

- Wash and soak the sprouts overnight. Boil the sprouts with turmeric powder and salt in a pressure cooker for 1 to 2 whistles. Let them cool completely.
- In a bowl, put red chilli powder, salt, black salt, jeera powder and black pepper powder. Mix it well and now, the masala is ready.
- Now, take a cone, put some sprouts, curd, green chutney, meethi chutney, chopped onion, and chopped tomato.
- Then, again put some sprouts, curd, green chutney, meethi chutney, masala, chopped onion and chopped tomato and nylon sev.
- Garnish with curd, nylon sev, and chopped tomato.
- 'Cone Sprouts Chaat' is ready to be served.

## TIPS

- Any type of sprouts can be used.
- Either ice cream cone or canopy can be used to make this chaat.
- It is recommended to use homemade **curd**, **meethi chutney**, and **green chutney**.



# PASTA PANCAKE

*a spicy fusion dish*

*By Vijay Haladiya*

*Founder*

*Zayka Ka Tadka*



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

### • FOR BOILING THE PASTA

- Pasta - 1 cup
- Salt - to taste
- Oil - 1 tsp
- Water - as required

### • FOR PREPARING PASTA PANCAKES

- All-purpose flour/Maida - 2 Tbsp
- Parboiled sweet corn - 2 Tbsp
- Milk - as required
- Grated cheese - 2 tsp + for toppings
- Salt - to taste
- Mixed herbs - 1 tsp
- Black pepper powder/Kali mirch - 1/2 tsp
- Red chilli flakes - 1 tsp + for garnishing
- Oil - as required

## DIRECTIONS

### • FOR BOILING THE PASTA

- Boil water in a pan and add oil, salt, and pasta. Cook it on a medium to high flame for 4 to 5 minutes until the pasta is cooked. Then drain the water. Then cut it in half. Keep it aside.

### • FOR PREPARING PASTA PANCAKES

- Take all-purpose flour in a bowl. Add sweet corn, boiled pasta, a little milk, grated cheese, salt, mixed herbs, black pepper powder, and red chilli flakes. Mix well and prepare a thick-consistency batter.
- Meanwhile, heat a tawa. Grease it with oil. Pour the batter on the tawa and spread it like a small pancake. Sprinkle some drops of oil.
- Cover the tawa with a lid and cook the pancake for 1 to 2 minutes on a medium flame. Then flip it to cook the other side as well. Slightly press it.
- Now flip it and add cheese and sprinkle chilli flakes on top. Once done, take it out on a serving plate.
- 'Pasta Pancakes' is ready to be served.

## TIPS

- To prepare a batter of thick consistency, all-purpose flour and milk should be added as required.
- Cool boiled milk should be used to prepare this recipe.
- Either butter or ghee can be used instead of oil.
- Whole wheat flour can be used instead of all-purpose flour.
- To save time, the batter can be prepared in advance.



# CHILLI PANEER SUBWAY SANDWICH

*a quick, lip-smacking dish*

*By Sheenu Duggal      From Punjab*



SERVINGS: 1

PREPARATION TIME: 3 MIN

COOKING TIME: 4 MIN

## INGREDIENTS

### • FOR PREPARING THE CHILLI PANEER FILLING

- Oil - 1 Tbsp
- Onion/Pyaz - ½, chopped
- Ginger/Adrak - 1 inch, grated
- Garlic/Lahsun - 3 to 4 cloves, grated
- Capsicum - ½, finely chopped
- Paneer/Cottage cheese - 1 cup, diced
- Vinegar - 1 tsp
- Soy Sauce - 1 tsp
- Tomato ketchup - 1 tsp
- Red chilli sauce - 1 tsp
- Black pepper powder - 1 tsp
- Salt - to taste

### • FOR PREPARING THE CHILLI PANEER SUBWAY SANDWICH

- Multigrain footlong loaf - 1
- Butter - as required
- Cabbage/Patta gobhi - 1 cup, finely sliced
- Veg mayonnaise - 1 tsp
- Red chilli sauce - 1 tsp

## DIRECTIONS

### • FOR PREPARING THE CHILLI PANEER FILLING

- Heat oil in a pan. Add onion, ginger, garlic, and capsicum. Mix well. Sauté for 1 minute on medium flame.
- Then add vinegar, soy sauce, tomato ketchup, red chilli sauce, paneer, black pepper powder, and salt. Mix well. Sauté for 1 minute on a medium flame. Turn off the flame. The filling is ready, keep it aside.

### • FOR PREPARING CHILLI PANEER SUBWAY SANDWICH

- Take veg mayonnaise and red chilli sauce in a bowl. Mix well. Keep it aside. Cut the multigrain footlong loaf in half. Apply butter to it.
- Meanwhile, heat a tawa over medium flame. Place the loaf in a pan. Roast lightly from both sides by applying butter to it. Once done, take it out in a serving plate.
- Apply mayonnaise mixture on both loaf slices.
- Then add cabbage and chilli paneer filling on one side of the loaf slice. Put the other loaf slice on it and cut it.
- 'Chilli Paneer Subway Sandwich' is ready to be served with tomato ketchup.

## TIPS

- Any type of bread or bun can be used instead of the multigrain footlong bread.
- Tomato ketchup can be added to the filling instead of red chilli sauce.
- Hung curd can be added instead of veg mayonnaise.



# PAAN SHOT

*a refreshing summer cooler*

*By Neha Agarwal*

*From Raipur*



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

- **FOR PREPARING PAAN PASTE**
- Betel Leaves/Paan (Kolkata Paan) - 4 to 5, chopped
- Fennel seeds/Saunf - 1 Tbsp
- Sugar - 1/2 Tbsp
- Ice cubes - as required
- Water - as required
- Gulkand - 3 Tbsp
- **FOR PREPARING PAAN SHOTS**
- Paan paste - 2 tsp
- Milk - 1/2 cup
- Vanilla ice-cream - 1 Tbsp
- Green food colour - a pinch
- Ice cubes - as required
- Dry rose petals - for garnishing (optional)
- Cherry - for garnishing (optional)

## DIRECTIONS

- **FOR PREPARING PAAN PASTE**
- Grind paan, fennel seeds, ice cubes, sugar, and a little water in a mixer jar for a few seconds to prepare its paste.
- Now add gulkand and ice cubes. Grind it again for a few seconds. Take it out in a bowl.
- **FOR PREPARING PAAN SHOTS**
- Grind paan paste, milk, vanilla ice-cream, green food colour, and ice cubes in a mixer jar for a few seconds
- Now pour the prepared paan shots into the serving glass. Garnish it with dry rose petals.
- Take a cherry and put a skewer/toothpick through it.
- Put a prepared skewer/toothpick on the serving glass for garnishing.
- 'Paan Shots' are ready to be served.

## TIPS

- Simple betel leaves can be used instead of Kolkata paan.
- The paan paste can be stored for 8 days in the refrigerator.
- One tsp paan paste should be added for each serving.

# 2 TYPES OF RICE NOODLES WITH COCONUT CHUTNEY

*a healthy and flavourful dish*

*By Chitra Krishnan*

*From Jamshedpur*



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- **FOR PREPARING MIX VEG RICE NOODLES**
- Rice noodles - 1 cup
- Water - as required
- Oil - 1 Tbsp
- Asafoetida/Hing - a pinch
- Mustard seeds/Rai - 1/2 tsp
- Bengal gram/Chana dal - 1/2 tsp
- Black gram/Urad dal - 1/2 tsp
- Dry red chilli/Sookhi lal mirch - 1
- Curry leaves/Curry patta - a few
- Green peas/Matar - 2 tsp
- Carrot/Gajar - 2 tsp
- Sweet corn - 2 tsp
- Fresh coconut/Nariyal - 1 Tbsp, grated
- Salt - to taste
- Cashew/Kaju - for garnishing
- **FOR PREPARING MIX VEG LEMON RICE NOODLES**
- Rice noodles - 1 cup
- Water - as required
- Oil - 1 Tbsp
- Asafoetida/Hing - a pinch
- Mustard seeds/Rai - 1/2 tsp
- Bengal gram/Chana dal - 1/2 tsp
- Black gram/Urad dal - 1/2 tsp
- Dry red chilli/Sookhi lal mirch - 1
- Ginger / Adrak - 1 inch, grated
- Green chilli/Hari mirchi - 2, finely chopped
- Cashew/Kaju - 3 to 4, finely chopped
- Curry leaves/Curry patta - a few
- Green peas/Matar - 2 tsp
- Carrot/Gajar - 2 tsp
- Sweet corn - 2 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- Salt - to taste
- Lemon juice - of 1/2 lemon
- **FOR PREPARING COCONUT CHUTNEY**
- Fresh coconut/Nariyal - 1/2 cup, grated
- Green chilli/Hari mirchi - 2, slit
- Roasted Bengal gram/Chana dal - 1/4 cup
- Tamarind/Imli - 2 small pieces
- Oil - 1 tsp
- Mustard seeds/Rai - 1/4 tsp
- Dry red chilli/Sookhi lal mirch - 1/2 (optional)
- Asafoetida/Hing - a pinch
- Salt - to taste

## DIRECTIONS

- **FOR PREPARING MIX VEG RICE NOODLES**
- Boil the required amount of water and place the noodles in it. Cook it on a medium flame for 2 to 3 minutes. Once done, strain it and keep it aside.
- Heat oil in a pan. Add asafoetida, mustard seeds, Bengal gram, black gram, dry red chilli, curry leaves, green peas, carrot, and sweet corn. Mix well.
- Sauté it for 1 to 2 minutes on a high flame. Then add fresh coconut. Mix well.
- Now add boiled noodles and salt. Mix well for 1 minute. Once done, take it out on a serving plate. Garnish it with cashew pieces.
- **FOR PREPARING MIX VEG LEMON RICE NOODLES**
- Boil the required amount of water and place the noodles in it. Cook it on a medium flame for 2 to 3 minutes. Once done, strain it and keep it aside.
- Heat oil in a pan. Add asafoetida, mustard seeds, Bengal gram, black gram, dry red chilli, ginger, green chilli, cashew, curry leaves, green peas, carrot, sweet corn, and turmeric powder. Mix well.
- Sauté it for 1 to 2 minutes on a high flame. Now add boiled noodles and salt. Mix well for 1 minute.
- Then add lemon juice. Mix well. Once done, take it out on a serving plate.
- **FOR PREPARING COCONUT CHUTNEY**
- Grind fresh coconut, roasted Bengal gram, green chilli, tamarind, and salt in a grinding jar for 30 to 40 seconds.
- Now heat oil in a tadka pan. Add mustard seeds, asafoetida, and dry red chilli.
- Pour the tadka on the ground chutney. Mix well.
- '2 Types of Rice Noodles with Coconut chutney' is ready to be served.

## TIPS

- If desired, salt can be added while boiling rice noodles.
- The rice noodles should be boiled before 30 minutes of making so that all the water drains out properly.
- Curd, raw mango, or lemon juice can be added instead of tamarind in the coconut chutney.



# BESAN PITHLA

*an heirloom snack*

*By Premlata Sharma*

*From Rajasthan*



SERVINGS: 1

PREPARATION TIME: 3 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Gram flour/Besan - 2 Tbsp
- Water - as required
- Turmeric powder/Haldi powder - 1/2 tsp
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1 tsp
- Oil - 1 Tbsp
- Cumin seeds/Jeera - 1/4 tsp
- Onion/Pyaz - 1, finely chopped
- Garlic/Lahsun - 3 to 4 cloves, crushed
- Green chilli/Hari mirchi - 2, finely chopped
- Coriander leaves/Hara dhaniya - a handful + for garnishing
- Cooked chapati - 1

## TIPS

- Ginger paste can be added to the pithla.
- The besan batter should be stirred continuously while cooking.
- The mixture should not burn.
- Chutney, ketchup, or bhujiya sev can be used as a topping.

## DIRECTIONS

- **FOR PREPARING THE GRAM FLOUR BATTER**
- Take gram flour in a bowl. Add water and prepare a lump-free thin consistency batter.
- Then add turmeric powder, salt, and red chilli powder. Mix well. Keep it aside.
- **FOR ROASTING THE CHAPATI:**
- Heat a tawa. Place the cooked roti on the tawa and roast it on a low flame until it becomes crispy and golden brown like a papad. Keep it aside.
- **FOR PREPARING THE BESAN PITHLA**
- Heat oil in a pan. Add cumin seeds and onion. Mix well.
- Then add garlic, green chilli, and coriander leaves. Mix well and sauté for 1 to 2 minutes on a medium flame.
- Now add the prepared gram flour batter. Stir it continuously for 3 to 4 minutes on a medium flame until the mixture becomes thick and leaves the pan.
- Once done, turn off the flame and transfer it to a bowl.
- Now take the roasted roti. Spread the prepared besan pithla on it. Garnish it with coriander leaves and transfer it to a serving plate.
- 'Besan Pithla' is ready to be served.

# CHEESY GARLIC PULL APART BREAD

*a restaurant-style mouth-watering snack*

By Vijay Haldiya

Founder

Zayka Ka Tadka



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- **FOR PREPARING THE STUFFING**
- Tricolour capsicum - 2 Tbsp, finely chopped
- Tomato/Tamatar - 1 Tbsp, finely chopped
- Onion/Pyaz - 1 Tbsp, finely chopped
- Boiled sweet corn - 1 Tbsp
- Mozzarella cheese - as required, grated
- Mixed herbs - 1 tsp
- Red chilli flakes - 1 tsp
- Salt - a pinch
- **FOR PREPARING GARLIC BUTTER**
- Melted butter - 1/4 cup
- Garlic/Lahsun - 1 tsp, grated
- Coriander Leaves/Hara Dhaniya - 1 tsp
- Red chilli flakes - 1 tsp
- Mixed herbs - 1/2 tsp
- **FOR PREPARING CHEESY PULL-APART BREAD**
- Burger bun - 1

## DIRECTIONS

- **FOR PREPARING THE STUFFING**
- Take tricolour capsicum in a bowl. Add tomato, onion, sweet corn, mozzarella cheese, mixed herbs, red chilli flakes, and salt. Mix well. Keep it aside.
- **FOR PREPARING GARLIC BUTTER**
- Take melted butter in a bowl. Add garlic, coriander leaves, red chilli flakes, and mixed herbs. Mix well. Keep it aside.
- **FOR PREPARING THE CHEESY PULL-APART BREAD**
- Make horizontal and vertical deep cuts (Leaving the bottom) on the burger bun.
- Apply the prepared garlic butter in between all cuts of the burger bun. Then add the prepared stuffing in between all cuts.
- Apply garlic butter on top of the burger bun.
- Meanwhile, preheat the OTG at 180 degrees Celsius for 10 minutes.
- Then take a baking tray and place the prepared cheesy pull-apart bun.
- Place the tray in the OTG and set it on bake mode at 180 degrees Celsius for 5 minutes.
- Once baked, take it out on a serving plate.
- 'Cheesy Garlic Pull Apart Bread' is ready to be served.

## TIPS

- Available vegetables of choice can be added.
- If unsalted butter is being used, then a little salt should be added while preparing garlic butter.
- **TO BAKE IN AIR FRYER:** Bake it to 180 degrees Celsius for 3 minutes.



# MYSORE MASALA DOSA WITH RED CHUTNEY

*a popular south Indian dish*

*By Archana Chakravarthy*

*From Karnataka*



SERVINGS: 1

PREPARATION TIME: 20 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

### • FOR PREPARING POTATO STUFFING

- Oil - 2 Tbsp
- Cumin seeds/Jeera - 1/2 tsp
- Mustard seeds/Rai - 1/4 tsp
- Black gram/Urad dal - 1/4 tsp (optional)
- Bengal gram/Chana dal - 1/4 tsp
- Asafoetida/Hing - a pinch
- Turmeric powder/Haldi powder - 1/4 tsp
- Green chilli/Hari mirch - 3, slit
- Curry leaves/Curry patta - a few
- Ginger/Adrak - 1 inch, grated (optional)

### • FOR BOILING POTATO

- Potato/Aloo - 3
- Salt - to taste
- Turmeric powder/Haldi powder - 1/4 tsp

### • FOR PREPARING RED CHUTNEY

- Roasted peanuts/Mungfali - 1/4 cup (optional)
- Garlic/Lahsun - 5 to 6 cloves
- Dry red chilli/Sookhi lal mirchi - 4 to 5
- Salt - to taste
- Water - as required

### • FOR PREPARING THE MYSORE MASALA DOSA

- Idli batter - as required
- Oil - as required
- Carrot/Gajar - 1/4 cup, grated
- Butter - for garnishing

## DIRECTIONS

### • FOR PREPARING THE POTATO STUFFING

- Boil potatoes with salt and turmeric powder. Once done, peel and mash them. Keep them aside.
- Heat oil in a pan. Add cumin seeds, mustard seeds, urad dal, Bengal gram, asafoetida, turmeric powder, green chilli, curry leaves, ginger, and boiled potato. Mix well and sauté for 1 to 2 minutes.
- Then add salt. Mix well for 1 to 2 minutes. Cover the pan with a lid and cook it for 2 to 3 minutes. Once done, turn off the flame and keep it aside.

### • FOR PREPARING THE RED CHUTNEY

- Soak dry red chilli in water for 15 to 20 minutes.
- Grind roasted peanuts, soaked dry red chilli, salt, and garlic in a grinding jar for a few seconds and prepare a red chutney of thick consistency. Keep it aside.

### • FOR PREPARING THE MYSORE MASALA DOSA

- Heat the tawa on a medium to low flame. Before making the dosa, wipe the tawa with a cloth to spread the dosa batter evenly.
- Pour the batter on the tawa to make the dosa. Sprinkle some oil on the top surface.
- Cook it on a medium to high flame for 2 to 3 minutes. Then spread the red chutney on it.
- Now spread the potato stuffing and carrot on one half side of the dosa. Once done, fold it and take it out on a serving plate. Cut it and garnish it with butter.
- 'Mysore Masala Dosa with Red Chutney' is ready to be served.

## TIPS

- If desired, a little water may be added to the potato stuffing.
- The consistency of the red chutney should be thick.
- Before the dosa is made, the tawa should be wiped with a cloth to spread the dosa batter evenly.
- Before the dosa is prepared, the tawa should be greased with oil and then rubbed with a potato or onion slice.
- Garlic is optional.
- Onion can be added to the chutney and stuffing.

# GATTE KI SABJI AND GATTE KA PULAO

*two famous Rajasthani dishes*

*By Vimki Giria*



SERVINGS: 8

PREPARATION TIME: 20 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- **FOR PREPARING THE GATTE**
- Gram flour/Besan - 1 cup
- Asafoetida/Hing - 1/4 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- Red Chilli Powder/Lal Mirch Powder - 1 tsp
- Salt - to taste
- Coriander seeds/Sabut dhania - 1/4 tsp
- Saunf/Fennel seeds - 1/4 tsp
- Oil - 2 Tbsp + for greasing
- Curd/Dahi - as required
- Water - as required
- **FOR PREPARING GATTE KI SABJI**
- Clarified butter/Ghee - 2 Tbsp
- Saunf/Fennel seeds - 1/4 tsp
- Cumin seeds/Jeera - 1/2 tsp
- Curd/Dahi - 1 cup, whisked
- Turmeric powder/Haldi powder - 1/4 tsp
- Red Chilli Powder/Lal Mirch Powder - 1/2 tsp
- All spice mix powder/Garam Masala - 1/2 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Asafoetida/Hing - a pinch
- Gatte - 1 cup
- Boiled water of gatte - as required
- Dry fenugreek leaves/Kasuri methi - 1 tsp
- Salt - to taste
- **FOR PREPARING GATTE KA PULAO**
- Clarified butter/Ghee - 1 Tbsp
- Cumin seeds/Jeera - 1/4 tsp
- Bay leaf/Tej patta - 1
- Cloves/Laung - 1
- Cardamom/Elaichi - 1
- Cinnamon stick/Dalchini - 1
- Cashew/Kaju - 7 to 8, chopped
- Raisins/Kishmish - 8 to 10
- Green peas/Matar - 1/2 cup, boiled
- Gatte - 1 cup
- Turmeric powder/Haldi powder - 1/2 tsp
- Red Chilli Powder/Lal Mirch Powder - 1 tsp
- Salt - to taste
- Cooked rice/Chawal - 1 cup
- Lemon juice/Nimbu ka ras - of 1/2 lemon

## DIRECTIONS

- **FOR PREPARING THE GATTE**
- Crush coriander seeds and fennel seeds using a rolling pin and rolling base. Keep them aside.
- Take besan in a big bowl. Add asafoetida, turmeric powder, red chilli powder, salt, crushed coriander seeds and fennel seeds, and oil. Mix well.
- The moyan should be checked by binding the flour. If it binds, the moyan is perfect; else, more oil should be added. Then add water gradually to prepare a medium-consistency dough. Cover it with a lid and keep it aside for 15 minutes.
- Then apply oil to the palms and divide the prepared dough into two parts. Take one part of the dough and shape it into a thin cylinder. Likewise, prepare dough cylinders from the rest of the dough.
- Meanwhile, boil water in a big pan. Once the water boils, add the prepared cylinder-shaped dough pieces to it. Cook them on a medium to high flame for 5 minutes.
- After 5 to 6 minutes, when the gatte float on the boiled water and small bubbles appear on top of them, it means that the gatte are well cooked.
- Take them out and let them cool down. Then cut them into small pieces to prepare the gatte. Likewise, prepare the gatte from the other cylinders as well. Keep them aside.
- **FOR PREPARING THE GATTE KI SABJI**
- Take curd in a bowl. Add turmeric powder, red chilli powder, all spice mix powder, and coriander powder. Mix well. Keep it aside.
- Heat ghee in a pan. Add cumin seeds, fennel seeds, and asafoetida. Then keep the flame low and add the prepared curd mixture. Stir continuously till it starts to boil; else, it may curdle.
- Once it is boiled and the ghee separates, add the prepared gatte, salt, and a little boiled water of gatte. Adjust the consistency as per choice.
- Boil it for 2 to 3 minutes. Then add dry fenugreek leaves by rubbing between palms. Mix well. Once done, take it out in a serving bowl.
- **FOR PREPARING GATTE KA PULAO**
- Heat ghee in a pan. Add cumin seeds, bay leaf, clove, cardamom, cinnamon stick, cashews, and raisins. Sauté for 2 to 3 minutes till the cashew becomes nice golden brown. Then add green peas and gatte. Mix well. Sauté it for 2 minutes.
- Now add turmeric powder, red chilli powder, salt, and cooked rice. Mix well. Then turn off the flame and add lemon juice. Mix well. Once done, take it out in a serving bowl.
- 'Gatte Ki Sabji And Gatte Ka Pulao' is ready to be served.

## TIPS

- **FOR GATTE**
- Asafoetida should be added to the gatta dough to make it tasty and flavourful.
- The moyan should be checked by binding the flour. If it binds, the moyan is perfect; else, more oil should be added.
- The gatte should be added to the water for cooking only after they boil; else, they will stick to the pan.
- When the gatte float on the boiled water and small bubbles appear on top of them, it indicates that they are well cooked.
- The gatte can be fried instead of boiled in water.
- **TO MAKE SOFT GATTE**
- Adequate quantity of oil should be added.
- The dough should be prepared using curd instead of water.
- If water is being used to knead the dough, it should be lukewarm.
- The gatte should be made thin.
- **FOR GATTE KI SABJI**
- The curd mixture should be stirred continuously till it starts to boil; else, it may curdle.
- Curd at room temperature should be used.
- The boiled water of gatte should be used to add in sabji.

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# MASALA LACHHA PARATHA

*a multi-layered, spicy Indian flatbread*

*By Manju Saraf*

*From Gurgaon*



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

### • FOR PREPARING THE MASALA

- Red chilli powder/Lal mirchi powder - 1 tsp
- Salt - to taste
- Coriander powder/Dhaniya powder - 1/4 tsp
- Dry fenugreek leaves/Kasuri methi - 1 tsp
- Clarified butter/Ghee - 2 tsp

### • FOR PREPARING THE MASALA LACHHA PARATHA

- Whole wheat dough - as required
- Clarified butter/Ghee - as required

## TIPS

- To make a nice layer of the paratha small vertical slits should be made on the roti.

## DIRECTIONS

### • FOR PREPARING THE MASALA

- Mix well red chilli powder, salt, coriander powder, fenugreek leaves by rubbing between your palms, and ghee in a bowl and keep aside.

### • FOR PREPARING MASALA LACHHA PARATHA

- Take a big ball-sized portion of the dough, shape it into a ball and flatten it. Dust it with flour. Roll it and prepare a big roti.
- Apply the prepared masala on it. Now Make small vertical slits on the roti, to make a nice layer of paratha.
- Now fold it like a roll. Then roll it over to make a circle and press it with your hands. Dust it with flour. Roll it and prepare a masala lachha paratha.
- Meanwhile, heat a tawa. Place the paratha on the tawa. Cook on one side.
- Flip it once it is slightly brown, apply ghee on both sides, and cook it on a medium to high flame. Press the paratha while cooking it to make it crispy.
- Once done, take it out on a serving plate.
- 'Masala Lachha Paratha' is ready to be served with curd.

# VEG MOMOS WITH TOMATO CHUTNEY

*a delicious appetizer*

*By Monalisa Agarwal*

*From Kolkata*



SERVINGS: 1

PREPARATION TIME: 20 MIN

COOKING TIME: 15 MIN

## INGREDIENTS

- **FOR PREPARING THE MIX VEG STUFFING**
- Oil - 1 tsp + for greasing
- Garlic/Lahsun - 3 to 4 cloves, finely chopped
- Ginger-green chilli paste/Adrak-hari mirchi paste - 1 tsp
- Cabbage/Patta gobhi - 1 Tbsp, finely chopped
- Onion/Pyaz - 1 Tbsp, finely chopped
- Carrot/Gajar - 1 Tbsp, finely chopped
- Spring onion/Hara pyaz - 1/2 Tbsp + for garnishing
- Black pepper powder/Kali mirch - 1 tsp
- Salt - to taste
- Coriander leaves/Hara dhaniya - a handful
- Soy sauce - 1 tsp
- **FOR PREPARING THE MIX VEG PANEER STUFFING**
- Grated paneer - 1 tsp
- Sweet corn - 1 tsp
- Salt - to taste
- **FOR PREPARING THE MOMOS**
- All-purpose flour/Maida - 1/2 cup
- Salt - to taste
- Oil - 1 tsp
- Water - as required
- **FOR PREPARING THE TOMATO CHUTNEY**
- Tomato/Tamatar - 2
- Dry red chilli/Sookhi lal mirch - 2
- Soy sauce - 1 tsp
- Ginger/Adrak - 1 inch, chopped
- Coriander leaves/Hara dhaniya - a handful
- Roasted peanuts/Mungfali - 1 tsp
- Garlic/Lahsun - 6 to 7 cloves
- Salt - to taste

## DIRECTIONS

- **FOR PREPARING THE MIX VEG STUFFING**
- Heat oil in a pan. Add garlic and ginger-green chilli paste. Mix well and sauté it for 30 to 40 seconds. Then add cabbage, onion, and carrot. Mix well. Sauté it for 1 to 2 minutes on a high flame till all moisture evaporates.
- Then add spring onion, black pepper powder, salt, and coriander leaves. Mix well. Then add soy sauce and mix well. Once done, turn off the flame. Take it out in a bowl and let it cool down.
- **FOR PREPARING THE MIX VEG PANEER STUFFING**
- Take half of the prepared mix veg stuffing in a bowl. Add paneer, salt, and sweet corn. Mix well.
- **FOR PREPARING THE MOMOS**
- Take all-purpose flour in a bowl. Add salt and oil. Then add water gradually and prepare a medium-consistency dough.
- Keep it aside and let it rest for 20 to 25 minutes. Then take a small, ball-sized portion of the dough. Roll it and make a small puri. Roll its edges thin.
- Fill the stuffing in the middle part of the puri. Apply water on all borders of the puri.
- Now pick up the opposite sides of the momo and press them. Then pick up the other side and press its edges with fingers. Pinch it with a finger and make pleats to prepare a momo. Likewise, prepare all the momos.
- **FOR PREPARING ROUND-SHAPED MOMOS**
- Fill the stuffing in the middle part of the puri. Apply water on all borders of the puri.
- Fold it in half. Press the edges with fingers. Pinch it with a finger and make pleats. Then join both end parts and make round shape momo. Likewise, prepare all momos.
- Meanwhile, boil water in a steamer. Put the stuffed momos in the steamer. Steam them for 5 minutes on a high flame. Then keep the flame medium and steam it for 6 to 18 minutes.
- Once done, take it out on a serving plate. Garnish it with spring onions.
- **FOR PREPARING THE TOMATO CHUTNEY**
- **FOR BLANCHING TOMATO AND RED CHILLI**
- Take tomato and dry red chilli in a bowl. Add hot water. Keep it aside for 5 minutes. Then peel the tomatoes.
- Grind blanched tomato, dry red chilli, soy sauce, ginger, coriander leaves, roasted peanuts, garlic, and salt in a grinding jar for a few seconds and prepare the chutney.
- 'Veg Momos with Tomato Chutney' are ready to be served.

## TIPS

- The edges of the puri should be rolled out thin.
- The stuffing can be prepared as desired.
- Whole wheat flour can be used instead of all-purpose flour.

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# OFFICE LUNCH BOX IN 10 MINUTES

*a healthy Chinese meal*

*By Shveta Sheth*

*From Mumbai*



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

### • FOR BOILING THE RICE

- Water - 1/2 litre
- Salt - to taste
- Clarified butter/Ghee - 1/4 tsp
- Rice/Chawal - 1 cup

### • FOR PREPARING THE MANCHURIAN BALLS

- Cabbage/Patta gobhi - 1/4, finely chopped
- Onion/Pyaz - 1, finely chopped
- Capsicum - 1/2, finely chopped
- Carrot/Gajar - 1, finely chopped
- All-purpose flour/Maida - 2 Tbsp
- Corn flour - 2 Tbsp
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1 tsp
- Black pepper powder/Kali mirch powder - 1/2 tsp
- Oil - for frying

### • FOR PREPARING THE VEG MANCHURIAN FRIED RICE

- Oil - 1 Tbsp
- Green chilli/Hari mirchi - 1 slit
- Cabbage/Patta gobhi - 1/4, finely chopped
- Onion/Pyaz - 1/2, finely chopped
- Carrot/Gajar - 1, finely chopped
- Capsicum - 1/2, finely chopped
- Salt - to taste
- Spring onion/Hara pyaz - 1/4 cup finely chopped + for garnishing
- Soy sauce - 1 Tbsp
- Schezwan chutney - 1/2 tsp
- Tomato ketchup - 1 Tbsp
- Black pepper powder/Kali mirch powder - 1/2 tsp
- Cooked rice - 1 bowl
- Manchurian balls - 5 to 6

## DIRECTIONS

### • FOR BOILING THE RICE

- Soak rice in water for 30 minutes.
- Boil water in a pan. Add salt, ghee, and the soaked rice. Mix well. Let it cook for 7 to 8 minutes on a medium flame.
- Keep stirring occasionally. Once done, turn off the flame. Strain the water. Keep it aside.

### • FOR PREPARING MANCHURIAN BALLS

- Take cabbage in a bowl. Add onion, capsicum, carrot, all-purpose flour, cornflour, salt, red chilli powder, and black pepper powder. Mix well. Don't add water to the mixture.
- Take a small ball-sized portion of the mixture and prepare a Manchurian ball. Likewise, prepare all Manchurian balls from the remaining mixture.
- Meanwhile, heat oil in a pan to fry the Manchurian balls. Place balls into the hot oil. Fry them on a low to medium flame.
- Deep fry them until they become crispy and golden brown from all sides. Then, take them out on a plate using a slotted spoon. Keep them aside.

### • FOR PREPARING VEG MANCHURIAN FRIED RICE

- Heat oil in a pan. Add green chilli, cabbage, onion, capsicum, and carrot. Mix well. Then add salt, Mix well. Sauté it for 2 to 3 minutes on a high flame.
- Now add spring onion. Mix well. Then add soy sauce, Schezwan chutney, tomato ketchup, and black pepper powder. Mix well.
- Then add cooked rice. Mix well. Add prepared Manchurian balls. Mix well.
- Once done, take it out on a serving plate and garnish it with spring onion.
- 'Office Lunch Box in 10 Minutes-Recipe 5' is ready to be served.

## TIPS

- While preparing the Manchurian balls, water shouldn't be added to the mixture.
- The Manchurian balls should be fried on a low to medium flame; otherwise, it will burn.
- **Schezwan sauce** can be added instead of Schezwan chutney.
- Vegetables can be added as per choice and availability.

# SEV PARATHA

*a delicious stuffed paratha*

*By Dr. Jaya Bisen*

*From Satna*



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- **FOR STUFFING**
- Ratlami sev - 2 Tbsp
- Roasted chana powder - 2 Tbsp
- Roasted peanut powder/Roasted mungfali powder - 2 Tbsp
- Onion/Pyaz - 2 Tbsp, finely chopped
- **FOR DOUGH**
- Wheat flour/Gehu ka aata - 1 cup
- Salt - to taste
- Oil - 1 Tbsp
- Water - as required
- **OTHER INGREDIENTS**
- Clarified butter/Ghee - as required

## DIRECTIONS

- **FOR PREPARING THE STUFFING**
- Take sev in a bowl. Add roasted chana powder, roasted peanut powder, and onion. Mix well. Keep it aside.
- **FOR PREPARING THE DOUGH**
- Take wheat flour in a bowl. Add salt and oil. Mix well. Then add water gradually to prepare a medium-soft consistency dough.
- **FOR PREPARING THE PARATHA**
- Take a ball-sized portion of the dough, shape it into a ball and flatten it using fingers.
- Put the sev stuffing in the centre. Cover and seal it properly. Press it with fingers and make it a little flat.
- 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. Then cut it.
- 'Sev Paratha' is ready to be served.

## TIPS

- This paratha can be prepared with any type of sev.
- Salt should be added carefully, as sev and roasted chana are already salty.
- If required, the sev can be slightly crushed using a mortar and pestle.
- The paratha can be roasted in either butter or oil.
- If so desired, this dish can be made with multigrain flour instead of wheat flour.





**ENJOY!**