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Unedited
live recipes



जो दिखता है !
वही बनता है !

Live from the
kitchens of moms of
india



THE SUPER CHEF MOMS OF INDIA





FOUNDER'S WORDS



Namaskar!

Hope all our wonderful viewers are hale and hearty.

We all are enjoying the beautiful transition of weather from Winter to Spring to Summer. 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.

In this edition, we bring to you some interesting, easy and healthy recipes suitable for the season from the kitchens of expert moms who cook and teach us with love! This will make your home cooking experience easier and more enjoyable.

Do try the recipes in this edition, share with your friends and family and share feedback with us. Nothing gives us more happiness than your love and feedback which helps us improve each day.

Yours Sincerely

Vijay Haldiya - [Founder of Zayka Ka Tadka]

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Instant Corn Palak Handvo

a healthy Gujarati dish



By Shraddha Thakrar, A Lovely Mom, From Gujarat

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- Maize flour/Makke ka aata - 3/4 cup
- Gram flour/Besan - 1 tsp
- Semolina/Sooji - 1 tsp
- Rice flour/Chawal ka aata - 1 tsp
- Curd/Dahi - 1/2 cup
- Water - as required
- Spinach/Palak - 1 cup, finely chopped
- Coriander leaves/Hara dhaniya - a handful
- Sweet corn - 1 cup, ground
- Sweet corn kernels - 1/2 cup
- Onion/Pyaz puree - of 1 onion (optional)
- Bottle gourd/Lauki - 2 cups, grated
- Carrot/Gajar - 1 cup, grated
- Salt - to taste
- Turmeric powder/Haldi powder - a pinch
- Coriander powder/Dhaniya powder - 1 tsp
- Cumin seed powder/Jeera powder - 1 tsp
- Red chilli powder/Lal mirchi powder - 1 tsp
- Ginger-green chilli-garlic paste/Adrak-hari mirch-lahsun paste - 1 tsp
- Oil - 1 Tbsp + 1 Tbsp
- Fruit salt - 1/2 tsp
- Mustard seeds/Rai - 1/4 tsp
- Cumin seeds/Jeera - 1/4 tsp
- Sesame seeds/Til - 1 tsp
- Curry leaves/Curry patta - a few
- Dry red chilli/Sookhi lal mirch - 2 to 3, chopped
- Asafoetida/Hing - a pinch
- tsp = teaspoon
- tbsp = tablespoon

Directions

- Take maize flour in a bowl. Add gram flour, semolina, rice flour, and curd. Mix well. Add water gradually and prepare a medium-consistency batter.
- Add spinach, coriander leaves, ground sweet corn, sweet corn kernels, onion puree, bottle gourd, carrot, salt, turmeric powder, coriander powder, cumin seeds powder, red chilli powder, ginger-green chilli-garlic paste, and 1 tsp of oil. Mix well. Add water to adjust consistency.
- Heat 1 Tbsp oil in a pan. Now spread mustard seeds, cumin seeds, sesame seeds, curry leaves, dry red chilli, and asafoetida.
- Add fruit salt to the handvo batter. Mix well. Now add the batter to the pan and slightly spread it. Keep the flame high for 1 minute.
- Now keep the flame low and cover the pan with a lid and cook it for 4 to 5 minutes.
- Then remove the handvo from the pan using a spatula.
- Now put a plate on the pan. Flip the pan on the plate and take out the handvo.
- Again, place the handvo in the pan (uncooked side down) and cook for another 4 to 5 minutes by covering the pan with a lid.
- Once cooked well, take it out on a serving plate.
- 'Instant Corn Palak Handvo' is ready to be served.

Tips

- The ratio of vegetables to flour should be 1:1 to make the handvo soft.
- Available vegetables of choice can be added.
- Fruit salt should be added just before making the handvo.
- The handvo batter can be stored for 2 to 3 days in the refrigerator.

Spring Onion Pizza Paratha

a protein-rich lunch or dinner option



By Vijay Haldiya, Founder, Zayka Ka Tadka

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

Ingredients

- FOR PREPARING SPRING ONION STUFFING
- Spring onion/Hara pyaz - 1/2 cup, finely chopped
- Gram flour/Besan - 2 tsp
- Salt - to taste
- Red chilli powder/Lal mirchi powder - 1/2 tsp
- All spice mix powder/Garam masala - 1/4 tsp
- Turmeric powder/Haldi powder - 1/4 tsp
- Coriander powder/Dhaniya powder - 1/2 tsp
- Cumin seeds/Jeera - 1/2 tsp
- Oil - 1 Tbsp
- FOR PREPARING SPRING ONION PIZZA PARATHA
- Whole wheat dough/Gehu ka aata - as required
- Pizza sauce - as required
- Cheese slice - 1
- Clarified butter/Ghee - as required
- tsp = teaspoon
- Tbsp = tablespoon

Directions

- FOR PREPARING SPRING ONION STUFFING
- Thoroughly mix spring onion, gram flour, salt, red chilli powder, all spice mix powder, turmeric powder, coriander powder, cumin seeds, and oil in a bowl and keep it aside.
- FOR PREPARING SPRING ONION PIZZA PARATHA
- Take medium-soft wheat dough and make two round-shaped, small, circular pedas from it. Dust it with flour and roll a peda to make a roti and keep it aside. Make another roti.
- Take one roti and apply pizza sauce on it. Then spread the prepared spring onion stuffing on it and finally add a cheese slice to it.
- Place the other roti over it and carefully seal the paratha borders with a fork.
- Meanwhile, heat a tawa and grease it with ghee. Place the stuffed paratha on it and cook it on a medium flame.
- Flip the paratha and cook it on a low flame for 3-4 minutes and keep pressing it. Cook it well from both sides by applying ghee on it. Once it is done, take it out on a serving plate.
- 'Spring Onion Pizza Paratha' is ready to be served.

Tips

- Instead of pizza sauce, either Schezwan sauce or tomato ketchup can be used.

Veg Sizzler

a complete, delicious meal



By Ani Setia, A Lovely Mom, From Rajasthan

SERVINGS: 4

PREPARATION TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

- FOR PREPARING BARBEQUE SAUCE
 - Tomato ketchup - 1/2 cup
 - Tamarind chutney - 1 Tbsp
 - Roasted cumin seeds powder - 1/2 tsp
 - Onion/Pyaz - 1 Tbsp
 - Garlic/Lahsun - 1/2 tsp
 - Vinegar - 2 to 3 Tbsp
 - Mustard sauce - 1 tsp
 - Worcestershire sauce - 1 Tbsp
- FOR PREPARING CUTLET
 - Potato/Aloo - 2, boiled and mashed
 - Green chilli/Hari mirchi - 1 tsp, finely chopped
 - Cabbage/Patta gobhi - 2 Tbsp, finely chopped
 - Carrot/Gajar - 2 Tbsp, finely chopped
 - Tricolour bell peppers - 2 Tbsp, finely chopped
 - Black salt/Kala namak - to taste
 - Cumin seed powder/Jeera powder - 1/2 tsp
 - Chaat masala - 1/2 tsp
 - Rock salt/Sendha namak - to taste
 - Fennel seed powder - 1/2 tsp (optional)
 - Black pepper powder/Kali mirch powder - 1 tsp
 - Mint powder/Pudina powder - 1/2 tsp (optional)
 - Flattened rice powder - 1 & 1/2 Tbsp + as required
 - Bread crumbs - as required
 - Oil - 1 Tbsp
- FOR PREPARING SPINACH CORN RICE
 - Clarified butter/Ghee - 1 tsp
 - Butter - 1 tsp
 - Spinach/Palak - 1/2 cup, finely chopped
 - Parboiled sweet corn - 1/4 cup
 - Cooked rice/Pake huye chawal - 3 cups
 - Salt - to taste
 - Black pepper powder - 1/2 tsp

Ingredients

- FOR PREPARING STIR-FRIED VEGETABLES
 - Water - as required
 - Beans - 4 to 5
 - Broccoli - 1 cup
 - Carrot/Gajar - 1 to 2, thick sliced
 - Sweet corn - 1/2 cup
 - Black pepper powder/ - 1/4 tsp
 - Salt - to taste
- FOR PREPARING FRIES
 - Potato/Aloo - 2
 - Water - as required
 - Corn flour - as required
 - Oil - for frying
- FOR PREPARING VEG SIZZLER
 - Clarified butter/Ghee - as required
 - Cabbage leaves - as required
 - Frozen butter cubes - as required

Directions

- FOR PREPARING BARBEQUE SAUCE
 - Thoroughly mix tomato ketchup, tamarind chutney, roasted cumin seeds powder, onion, and garlic in a bowl. Then add vinegar and mix well again. Further, add mustard sauce and Worcestershire sauce. Mix well and keep aside.
- FOR PREPARING CUTLET
 - Take boiled potato in a bowl. Add green chilli, cabbage, carrot, tricolour bell pepper, black salt, cumin seeds powder, chaat masala, rock salt, fennel seed powder, black pepper powder, mint powder, and flattened rice powder. Mix well. Take a big ball-sized portion of the cutlet mixture. Prepare a round-shaped cutlet. Coat the cutlet with bread crumbs and flattened rice powder.
 - Heat oil in a pan and place the prepared cutlet in it. Roast it from both sides on a medium flame for 2 to 3 minutes. Once done, take it out on a plate and keep it aside.

Veg Sizzler

a complete, delicious meal

Directions

- FOR PREPARING SPINACH CORN RICE
- Heat ghee and butter in a pan. Add spinach and sauté it for a few seconds. Then add the sweet corn. Mix well. Add cooked rice. Mix well. Sauté it for 1 to 2 minutes on a medium flame while stirring continuously. Now add salt and black pepper powder and mix well. Once done, turn off the flame and keep it aside.
- FOR PREPARING STIR-FRIED VEGETABLES
- Boil water in a steamer. Then steam beans, broccoli, carrot, and sweet corn in the steamer for 2 minutes on a medium to high flame. Heat oil in a pan. Add beans, broccoli, carrot, and sweet corn. Mix well. Stir fry on a high flame for 1 to 2 minutes.
- Add black pepper powder and mix well. Stir it on a high flame for a few seconds. Then add salt. Mix well. Then turn off the flame and keep it aside.
- FOR PREPARING POTATO FRIES
- Wash and peel the potato. Then slice the potato into a thick stick-like shape. Wash the potato sticks 2 to 3 times with chilled water to remove the starch. Now, take a kitchen towel and spread the potato sticks on it. Cover the potato sticks with a towel and pat dry them for 5 to 7 minutes.
- Heat oil in a pan and, when the oil is hot, place the potato sticks gently into it. Then fry the potato sticks for 2 to 3 minutes on a medium flame and take them out on a plate using a slotted spoon. Then apply corn flour to it.
- Deep fry them again on a high flame for 4 to 5 minutes until crispy and light golden brown from both sides and then take them out on a plate using a slotted spoon.
- FOR PREPARING VEG SIZZLER
- Heat the sizzler plate or tawa for 15 to 20 minutes on a medium flame till it becomes sufficiently hot. Now apply ghee on the wooden board plate. Put a hot plate or tawa on it. Arrange cabbage leaves on it. Now arrange the prepared spinach corn rice, stir fried vegetables, French fries, and the cutlet on it. Now add frozen butter cubes on the hot plate or tawa to sizzle them. Then pour the prepared barbeque sauce.
- 'Veg Sizzler' is ready to be served to your dear ones.

Tips

- FOR BARBEQUE SAUCE
- Any type of [tomato ketchup](#) can be used. The ratio of tamarind to jaggery should be 1:2 for [tamarind chutney](#).
- Sautéed onion and garlic can be added. Onion and garlic are optional.
- Instead of readymade mustard sauce, soaked mustard seeds can be ground with a little water to prepare mustard sauce. Instead of Worcestershire sauce, 1 Tbsp soy sauce with a pinch of sugar added to it can be used.
- FOR CUTLET
- Instead of potato, raw banana and sweet potato can be used to prepare the cutlet. Available vegetables and spices of choice can be added. Watery vegetables should not be added. Instead of chaat masala, garam masala can be added.
- The poha should be ground to a powder. Instead of poha powder, corn flour or arrowroot flour can be added. Any flour can be used to prepare the slurry. The cutlet can be coated with any slurry before being coated with bread crumbs.
- To roast it well, the cutlet should be prepared flat without any finger marks. The cutlet can be shallow fried, deep-fried, grilled, or baked.
- FOR SPINACH CORN RICE
- Any type of oil, butter, or ghee can be used. To retain its colour and nutrition, the spinach should be sautéed for a few seconds. Chilli flakes, mixed herbs, or sauces can be added.
- FOR STIR-FRIED VEGETABLES
- To maintain their nutrition, the vegetables should be steamed and not blanched. To use less oil, steamed vegetables should be used.
- It is recommended to use baby corn instead of sweet corn. The flame should be turned off immediately after adding salt.
- FOR FROZEN POTATO FRIES
- Corn flour-applied potato fries can be stored in a freezer and, whenever required to be served, can be taken out from the freezer and fried again. Good quality potatoes should be used to make fries.
- FOR VEG SIZZLER
- Grilled potato, onion, or tomato can be added to the sizzler plate. The barbeque sauce should be added just before serving the sizzler. Cabbage leaves should be added to a hot plate or tawa so the food will not burn. Use a heavy-bottomed tawa or plate.
- FOR PREPARING FROZEN BUTTER CUBES
- The butter should be cut into cubes and placed in the freezer.
- FOR PREPARING SIZZLER PLATE AT HOME
- It is recommended to cover a wooden tray or chopper tray with aluminium foil and then place a hot tawa on it and prepare the sizzler on it.

Aloo Poha Cheesy Balls

a lip-smacking snack



By Shikha Sethi, A Lovely Mom, From Kolkata

SERVINGS: 5

PREPARATION TIME: 10 MIN

COOKING TIME: 5 MIN

Ingredients

- Flattened rice/Poha - 1 cup
- Boiled potato/Aloo - 1, peeled and grated
- All-purpose flour/Maida - 1/2 tsp
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1/2 tsp
- Black pepper powder/Kali mirch powder - 1/2 tsp
- Dry mango powder/Amchur - 1/2 tsp
- Ginger/Adrak - 1 inch, grated
- Green chilli/Hari mirchi - 1 to 2, finely chopped
- Coriander leaves/Hara dhaniya - a handful
- Cheese - as required
- Oil - for frying
- tsp = teaspoon
- tbsp = tablespoon

Tips

- The ball's size should be small for it to be cooked well from the inside.
- The balls should be fried on a medium flame and stirred continuously while they are fried.

Directions

- Wash the poha. Then rinse out the water. Keep it aside for 10 minutes.
- Now take the soaked poha in a bowl. Add boiled potato, all-purpose flour, salt, red chilli powder, black pepper powder, dry mango powder, ginger, green chilli, and coriander leaves. Mix well.
- Take a small ball-sized part of the prepared aloo poha mixture and flatten it between your palms.
- Now add cheese in the centre of it. Then seal the ends of it to prepare a round-shaped ball. Likewise, prepare more balls with the rest of the mixture.
- Meanwhile, heat oil for frying. When the oil is medium hot, place the prepared balls in the oil and fry them on a medium flame, stirring it continuously while frying.
- Deep fry until the balls turn golden brown from all sides. Once done, take it out on a serving plate. Likewise, fry all the balls.
- 'Aloo Poha Cheesy Balls' are ready to be served.

Phool Makhana Chaat

an instant healthy breakfast or evening snack



By Manju Saraf,

A Lovely Mom,

From Gurgaon

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- Foxnuts/Makhana - 1 cup
- Water - as required
- Curd/Dahi - 1 cup, whisked
- Capsicum/Shimla mirch - 2 tsp, finely chopped
- Onion/Pyaz - 2 tsp, finely chopped (optional)
- Parboiled sweet corn - 2 tsp
- Pomegranate seeds/Anar ke dane - 2 tsp
- Black pepper powder/Kali mirch powder - 1/4 tsp
- Salt - to taste
- Black salt/Kala namak - to taste
- Cumin seed powder/Jeera powder - 1/2 tsp
- Sugar - 1 tsp
- Coriander leaves/Hara dhaniya - a handful
- tsp = teaspoon
- tbsp = tablespoon

Directions

- Soak makhana in water for 5 minutes. Then squeeze out water from it and take it out in a bowl.
- Add curd and mix well. Then add capsicum, onion, sweet corn, pomegranate seeds, black pepper powder, salt, black salt, cumin seeds powder, and sugar. Mix well.
- Lastly, add coriander leaves and mix well.
- 'Phool Makhana Chaat' is ready to be served.

Tips

- Hot water can be used to soak makhana quickly.
- Instead of black pepper powder, red chilli flakes or finely chopped green chilli can be added.

Malai Gajar Barfi

a healthy winter-special dessert



By Mithlesh Gupta, A Lovely Mom, From Italy

SERVINGS: 5

PREPARATION TIME: 250 MIN

COOKING TIME: 40 MIN

Ingredients

- FOR PREPARING GAJAR BARFI
- Grated carrot - 250g
- Full fat milk - 500 ml.
- Sugar - 75g
- Clarified butter/Ghee - 2 Tbsp +
For greasing
- Mix dry fruits - 1 Tbsp, finely
chopped
- Cardamom powder/Elaichi
powder - 1/2 tsp
- Pistachio/Pista - finely chopped
for garnishing
- FOR PREPARING MALAI
- Full fat milk - 500 ml.
- Fresh cream/Malai - 2 Tbsp
- Sugar - 2 Tbsp
- tsp = teaspoon
- tbsp = tablespoon
-

Tips

- The sweetness can be adjusted
as required.
- The barfi should be set at room
temperature for 5 to 6 hours.
- If it is required to set the barfi
quickly, it should be kept in the
refrigerator for 2 to 3 hours.

Directions

- FOR PREPARING GAJAR BARFI
- Take grated carrots and milk in a pan. Cook it on a
medium flame for 30 to 35 minutes until the mixture
becomes thick. Keep stirring continuously.
- Then add sugar and mix well. Keep stirring
continuously for 4 to 5 minutes on a high flame till the
sugar melts and the mixture becomes thick.
- Now add ghee. Mix well. Cook it for 3 to 4 minutes on a
high flame. Then add dry fruits and cardamom powder.
Mix well.
- Cook it for 2 to 3 minutes on a high flame till it holds
the shape and leaves the pan. Then turn off the flame.
- FOR PREPARING MALAI
- Boil milk in a pan. Add fresh cream and sugar. Mix well.
Once it comes to a boil, turn the flame to low and allow
it to simmer. Keep stirring continuously.
- Keep scraping the sides of the vessel and mix the
scraped cream with the thickening milk.
- Continue this process for 20 to 25 minutes till the milk
is reduced to less than half. The milk should have
reduced considerably to a thick mass.
- Once done, turn off the flame and let the mix cool
down.
- SERVING SUGGESTIONS
- Take a small serving cup. Fill it with the prepared gajar
barfi. Now top it with the prepared malai. Then garnish
it with chopped pistachio. Likewise, prepare all the
serving cups.
- Grease a deep plate with ghee. Transfer the barfi
mixture to the plate. Now make a layer of the prepared
malai on the barfi. Then garnish it with pistachio.
- Let it set for 3 to 4 hours in the refrigerator then cut it
into the desired shape and transfer it to a serving plate.
- 'Malai Gajar Barfi' is ready to be served.

Tawa Schezwan Manchurian Fried Rice

a tasty, flavourful meal option



By Shveta Sheth, A Lovely Mom, From Mumbai

SERVINGS: 2

PREPARATION TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

- FOR PREPARING MANCHURIAN BALLS
- Cabbage/Patta gobhi - 3 cups, finely chopped
- Salt - to taste
- Red chilli powder/Lal mirchi powder - 1 tsp
- Black pepper powder/Kali mirch powder - 1 tsp
- Green chilli-garlic paste/Hari mirchi-lahsun paste - 1 tsp
- Onion/Pyaz - 1, finely chopped
- Coriander leaves/Hara dhaniya - a handful
- Corn flour - 2 tsp
- All-purpose flour/Maida - 2 Tbsp
- Oil - 1 tsp + for frying
- FOR PREPARING TAWA SCHEZWAN MANCHURIAN FRIED RICE
- Butter - 1 Tbsp + 1 tsp
- Oil - 1 Tbsp
- Green chilli-garlic paste/Hari mirchi-lahsun paste - 1 tsp
- Red chilli powder/Lal mirchi powder - 1 tsp
- Onion/Pyaz - 1, finely chopped
- Tomato/Tamatar - 1, finely chopped
- Salt - to taste
- Tricolour capsicum - 1/2 cup, finely chopped
- Pav bhaji masala - 2 tsp
- Coriander leaves/Hara dhaniya - a handful + for garnishing
- Schezwan sauce - 1 Tbsp
- Cooked rice/Pake huey chawal - 3 cups
- Lemon juice/Nimbu ka ras - of 1/2 lemon
- tsp = teaspoon
- Tbsp = tablespoon

Directions

- FOR PREPARING MANCHURIAN BALLS
- Take cabbage in a bowl. Add salt, red chilli powder, black pepper powder, green chilli-garlic paste, onion, coriander leaves, corn flour, all-purpose flour, and 1 tsp of oil. Mix well.
- Take a small ball-sized portion of the mixture and prepare a Manchurian ball. Likewise, prepare more balls from the remaining mixture.
- Meanwhile, heat oil in a pan to fry the Manchurian balls. Place the balls into the hot oil. Fry them on a 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 TAWA SCHEZWAN MANCHURIAN FRIED RICE
- Heat oil and butter on the tawa. Add green chilli-garlic paste and sauté it for a few seconds.
- Add red chilli powder and onion. Mix well and sauté it for 1 to 2 minutes on a low flame while stirring it occasionally.
- Further, add tomato. Mix well and sauté it for a few seconds. Now add capsicum, salt, and pav bhaji masala. Mix well. Sauté it for 3 to 4 minutes on a low flame while stirring it occasionally.
- Now add Schezwan sauce and coriander leaves. Mix well. Sauté it for 1 to 2 minutes on a low flame. Stir it occasionally.
- Then add cooked rice. Mix well with light hands. Add 1 tsp of butter and mix well. Sauté it for 1 to 2 minutes on a low flame.
- Now add the prepared Manchurian balls and lemon juice. Mix well and garnish it with coriander leaves.
- 'Tawa Schezwan Manchurian Fried Rice' is ready to be served.

Tips

- FOR MANCHURIAN BALLS
- Garlic is optional.
- Either maida or corn flour can be used for binding.
- The cabbage can be chopped with either a chopper or a knife.
- FOR TAWA SCHEZWAN MANCHURIAN FRIED RICE
- If required, finely chopped green chilli and garlic can be added instead of their paste.
- Available vegetables of choice can be added.
- Schezwan chutney can be added instead of [Schezwan sauce](#).
- Tomato ketchup and red chilli sauce can be added instead of Schezwan sauce.

Spot Idli

an easy and delicious snack option



By Neha Agarwal, A Lovely Mom, From Raipur

SERVINGS: 1

PREPARATION TIME: 4 MIN

COOKING TIME: 4 MIN

Ingredients

- Semolina/Sooji - 1 cup
- Curd - 1 cup
- Salt – to taste
- Onion/Pyaz – 1, finely chopped
- Tomato/Tamatar – 1, finely chopped
- Butter - 1 tsp
- Peri peri masala - 1/2 tsp + as required
- Sambhar masala - 1 tsp
- Red chilli powder/Lal mirchi powder - 1/2 tsp
- Coriander leaves/Hara dhaniya - a handful + for garnishing
- Fruit salt - 1 tsp
- tsp = teaspoon
- Tbsp = tablespoon

Directions

- Take curd and sooji in a bowl. Add salt. Mix well. Add water gradually and mix well to prepare a medium-thick consistency batter. Keep it aside.
- Meanwhile, heat a tawa. Add tomato, onion, butter, salt, peri peri masala, sambhar masala, and red chilli powder. Mix well.
- Sauté it for 1 to 2 minutes on a medium flame. Stir it occasionally. Add coriander leaves and mix well.
- Now divide the mixture into three equal parts on the tawa.
- Add fruit salt to the prepared batter. Add a little water. Mix well. Add the batter to all the 3 parts of the vegetable mixture of tawa.
- Garnish it with coriander leaves and peri peri powder. Now cover the tawa with a lid and cook it for 2 to 3 minutes on a medium flame.
- Then flip it and cook it from the other side. Once cooked well, take it out on a serving plate.
- 'Spot Idli' is ready to be served.

Tips

- If coarse semolina is available, it should be ground to make it fine.
- The ratio of **curd** to sooji should be 1:1.
- **Sambhar masala** or red chilli powder can be added for garnishing instead of peri peri powder.
- Idli batter can be used instead of sooji batter.

Indori Poha

the famous street food of Indore



By Ankita Agrawal, A Lovely Mom, From Indore

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 7 MIN

Ingredients

- Flattened rice/Poha - 3 cups
- Water - as required
- Turmeric powder/Haldi powder - 1/2 tsp
- Sugar - 1 tsp
- Salt - to taste
- Lemon juice/Neebu ka ras - 2 tsp
- Oil - 2 Tbsp
- Mustard seeds/Rai - 1/2 tsp
- Asafoetida/Hing - a pinch
- Fennel seeds/Saunf - 1/2 tsp
- Green chilli/Hari mirchi - 2 to 3, finely chopped and slit
- Curry leaves/Curry patta - a few
- Jeeravan masala - as required
- Pomegranate/Anar daane - for garnishing
- Ratlami sev - for garnishing
- Masala boondi - for garnishing
- Onion/pyaz - finely chopped for garnishing (optional)
- Coriander leaves/Hara dhaniya - for garnishing
- tsp = teaspoon
- Tbsp = tablespoon

Directions

- Wash the poha with water thoroughly until clean water comes out from it. Then keep it aside and let it dry for 2 minutes.
- Add turmeric powder, sugar, salt, and lemon juice. Mix well with light hands.
- Further, boil water in a pan. Put a high ring/bowl in the pan. Then put the poha bowl on it. Now cover that pan with a lid and steam the poha for 3 to 4 minutes on a high flame until it becomes soft. Once steamed, turn off the flame.
- Meanwhile, heat oil in pan. Add mustard seeds, asafoetida, fennel seeds, green chilli, and curry leaves. Mix well and sauté the spices for a few seconds.
- Now add the steamed poha to it. Mix well with light hand. Cover the pan with a lid and cook it for 30 seconds on a low flame.
- Then turn off the flame and take it out in a serving bowl.
- Sprinkle jeeravan masala on it. Garnish it with pomegranate, Ratlami sev, masala boondi, onion, and coriander leaves. Again, sprinkle jeeravan masala on it.
- 'Indori Poha' is ready to be served.

Tips

- The poha should be washed with water thoroughly until clean water comes out from it.
- The poha should be mixed with light hands.
- The spiciness can be adjusted as per taste.
- When the steamed poha becomes soft, it indicates that it is steamed well.
- The steamed poha can be added to the tadka pan or the tadka can be added to the steamed poha bowl.
- The jeeravan masala can be purchased online.

[Watch the video recipe](#)

[YouTube.com/zaykakatatadka](https://www.youtube.com/zaykakatatadka)

Saate Ki Roti

an heirloom dish



By Renu Maheshwari, A Lovely Mom, From Aligarh

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Whole wheat dough/Gehu ka goondha hua aata - as required
- Whole wheat flour/Gehu ka sukha aata - as required
- Clarified butter/Ghee - as required

Tips

- A big-sized peda should be taken to make the roti.
- The roti should be rolled slightly thicker than regular roti.
- The roti should be roasted on a medium flame.

Directions

- Take the medium-soft whole wheat dough and make a round-shaped, big circular peda from the dough. Dust it with flour and roll it to make a roti.
- Now apply ghee to it and sprinkle whole wheat flour on it. Now make a hole in the middle of the roti.
- From the centre, fold the roti towards edges. It will form a ring. Then break it to make a log and start folding towards the centre.
- Make a large peda from it. Dust it with flour and roll it to make a thick roti.
- Meanwhile, heat a tawa. Place the prepared roti on it and cook it on a medium flame from one side. Flip it once it is slightly brown.
- Now roast from the other side for 1 to 2 minutes. Then roast the roti on a direct flame from both sides. Rotate it to roast from all sides and borders.
- Then take it out on a plate and pinch up on the roti using your thumb and finger as shown in the video. Then roast the roti again on a direct flame.
- Once done, take it out on a serving plate. Apply ghee over it and press slightly inside before serving.
- 'Saate Ki Roti' is ready to be served with dal palak.

Saunf Wale Aloo Ki Sukhi Sabzi

a travel-special spicy and dry side dish.



By Mridula Ameriya, A Lovely Mom, From Rajasthan

SERVINGS: 6

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- FOR PREPARING MASALA MIXTURE
 - Salt - to taste
 - Red chilli powder/Lal mirch powder - 1 tsp
 - Turmeric powder/Haldi powder - 1/2 tsp
 - Coriander powder/Dhaniya powder - 2 tsp
 - Cumin seeds powder/Jeera powder - 1 tsp
 - All spice mix powder/Garam masala - 1 tsp
- FOR PREPARING SAUNF WALE ALOO KI SUKHI SABZI
 - Oil - 2 Tbsp
 - Fennel seeds/Saunf - 3 tsp
 - Asafoetida/Hing - a pinch
 - Ginger-green chilli paste/Adrak hari mirchi paste - 1 tsp
 - Curry leaves/Curry patta - a few
 - Boiled potato/Aloo - 3 to 4, peeled and chopped
 - Dry fenugreek leaves/Kasuri methi - 1 tsp
 - Coriander leaves - for garnishing

Directions

- FOR PREPARING MASALA MIXTURE
 - Take salt, red chilli powder, turmeric powder, coriander powder, cumin seed powder, all spice mix powder, and a little water in a bowl. Mix well and keep it aside.
- FOR PREPARING SAUNF WALE ALOO KI SUKHI SABZI
 - Heat oil in a pan. Add fennel seeds, asafoetida, ginger-green chilli paste, curry leaves, and the prepared masala mixture. Mix well.
 - Now add boiled potato. Mix well for 1 minute and add dry fenugreek leaves. Mix well and garnish it with coriander leaves.
 - Once done, take it out in a serving bowl.
 - 'Saunf Wale Aloo Ki Sukhi Sabzi' is ready to be served.

Beetroot Cutlet

a popular street food in Kolkata



By Sneha Bubna A Lovely Mom, From Kolkata

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- FOR PREPARING BEETROOT CUTLET
- Oil - 2 Tbsp
- Beetroot/Chukandar - 2 cups, finely chopped
- Carrot/Gajar - 1 cup, finely chopped
- Salt - to taste
- Parboiled green peas/Matar - 1/4 cup
- Boiled potato/Aloo - 2, peeled and mashed
- Coriander powder/Dhaniya powder - 1 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- Red chilli powder/Lal mirch powder - 1 tsp
- Black salt/Kala namak - 1/4 tsp
- Sugar - 1/4 tsp
- Roasted peanuts/Mungfali - 2 Tbsp
- Ginger-green chilli paste/Adrak-hari mirchi paste - 1/2 tsp
- Coriander leaves/Hara dhaniya - a handful + for garnishing
- Oil - for frying
- Vermicelli - as required
- Puffed rice/Murmure - 1 cup
- FOR PREPARING DRY MASALA
- Cumin seeds/Jeera - 1 tsp
- Black cardamom/Badi elaichi - 1
- Black peppercorns/Kali mirch - 8 to 10
- Dry fenugreek seeds/Methi dana - 1/2 tsp
- Dry coriander seeds/Sabut dhaniya - 1 tsp
- Cinnamon/Dalchini - 3 sticks
- Dry red chilli/Sukhi lal mirch - 1
- FOR PREPARING SLURRY
- Corn flour - 1 & 1/2 tsp
- Water - as required
- tsp = teaspoon
- tbsp = tablespoon

Directions

- FOR PREPARING DRY MASALA
- Roast cumin seeds, black cardamom, black peppercorns, dry fenugreek seeds, coriander seeds, dry red chilli, and cinnamon sticks in a pan for 1 to 2 minutes on a low flame while stirring continuously till a nice aroma begins to rise.
- Once roasted well, turn off the flame and let it cool down.
- Then transfer it to a grinding jar and grind it for a few seconds and prepare a dry masala mixture. Keep it aside.
- FOR PREPARING SLURRY
- Take corn flour in a bowl. Add water. Mix well and prepare a lump-free slurry. Keep it aside.
- FOR PREPARING BEETROOT CUTLET
- Heat oil in a pan. Add beetroot. Sauté it for a few seconds on a medium flame. Stir it continuously.
- Then add carrot. Mix well and sauté it for 1 to 2 minutes on a medium flame. Stir it occasionally.
- Now add salt and green peas. Mix well. Add boiled potato. Mix well. Sauté it for 1 to 2 minutes on a medium flame. Stir it occasionally.
- Further, add coriander powder, turmeric powder, red chilli powder, black salt, sugar, and roasted peanuts. Mix well.
- Finally, add ginger-green chilli paste and mix well. Cover the pan with a lid and let it cook for 2 to 3 minutes on a medium flame while stirring it occasionally.
- Now add 2 tsp of the prepared dry masala mixture. Turn off the flame. Mix well. Let it cool down.
- Take a small ball-sized portion and prepare a cylindrical cutlet. Likewise, prepare all cutlets.
- Now coat the cutlet in the prepared corn flour slurry. Take vermicelli to a plate. Coat the slurry-dipped cutlet in the vermicelli. Press it between the palms. Repeat this process to coat the cutlet twice.
- Meanwhile, heat the oil in a pan. Fry all the prepared cutlets on a medium flame. Fry it till it becomes golden brown from all sides.
- Once done, take it out on a plate. Cut it and add it to a puffed rice bowl. Garnish it with coriander leaves.
- 'Beetroot Cutlet' is ready to be served.

Tips

- The ratio of carrot to beetroot should be 1:2.
- The ginger-green chilli paste should be added after adding all the spices.
- The dry masala mixture can be stored in an airtight glass jar.
- To retain the nice smell of the dry masala mixture, the flame should be turned off immediately after adding it.
- Instead of corn flour, maida can be added to the slurry.
- Bread crumbs or biscuit crumbs can be used instead of vermicelli.
- Coat the cutlet twice with slurry and vermicelli to make a crunchy cutlet.
- If required, the vermicelli-coated cutlets can be stored in the refrigerator to save time.
- Serving suggestion: The cutlet can be cut and served with puffed rice.
- If required, peanuts can be added to puffed rice while serving.

[Watch the video recipe](#)

[YouTube.com/zaykakatadka](https://www.youtube.com/zaykakatadka)

Pudina Rice

a flavourful and delicious tiffin box idea



By Aditya & Archana Chakravarthy

From Karnataka

SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Mint leaves/Pudina - a handful
- Green chilli/Hari mirchi - 2, slit
- Cinnamon/Dalchini - 2 small sticks
- Clove/Laung - 1
- Fresh coconut/Nariyal - 1/2 cup, chopped
- Clarified butter/Ghee - 2 Tbsp + 1 Tbsp
- Cumin seeds/Jeera - 1 tsp
- Black gram/Urad dal - 1/2 tsp (optional)
- Mustard seeds/Rai - 1/2 tsp
- Asafoetida/Hing - a pinch
- Roasted peanuts/Moongfali - 1/2 cup
- Cashews/Kaju - 7 to 8, chopped
- Salt - to taste
- All spice mix powder/Garam masala - 1/2 tsp (optional)
- Cooked rice/Chawal - 2 cups
- tsp = teaspoon
- tbsp = tablespoon

Directions

- Coarsely grind green chilli, cinnamon stick, clove, mint leaves, and fresh coconut in a grinding jar for a few seconds and keep the ground mixture aside.
- Heat ghee in a pan. Add cumin seeds, black gram, mustard seeds, asafoetida, roasted peanuts, and cashews. Mix well and roast it for 1 to 2 minutes on a low flame.
- Now add the ground mint mixture, salt, and all spice mix powder. Mix well and sauté it for 1 to 2 minutes on a low flame. Then add cooked rice. Mix well.
- Lastly, add 1 Tbsp of ghee and mix well. Once done, turn off the flame and take it out on a serving plate.
- 'Pudina Rice' is ready to be served.

Tips

- Peanuts can be roasted while adding them to the pan.
- The mint mixture should be coarsely ground.
- Onion or garlic can be added to the rice.
- Leftover rice can be used.

[Watch the video recipe](#)

[YouTube.com/zaykakatadka](https://www.youtube.com/zaykakatadka)

Oats Veggie Sandwich Without Bread

a quick and easy dish



By Kirti Agarwal and Manju Agarwal,

From Rajasthan

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 7 MIN

Ingredients

- Oats - 3 tsp
- Semolina/Sooji - 1 tsp
- Curd/Dahi - 2 tsp
- Capsicum/Shimla mirch - 1 tsp, finely chopped
- Carrot/Gajar - 1 tsp, grated
- Cabbage/Patta gobhi - 1 tsp, finely chopped
- Coriander leaves/Hara dhaniya - a handful
- Green chilli/Hari mirchi - 1 to 2, finely chopped
- Red chilli powder/Lal mirch powder - 1/4 tsp
- Salt - to taste
- Water - as required
- Oil - as required
- tsp = teaspoon
- tbsp = tablespoon

Directions

- In a bowl, add oats, semolina, and curd. Mix well.
- Further, add capsicum, carrot, cabbage, coriander leaves, green chilli, red chilli powder, salt, and a little water. Mix well and prepare a thick-consistency batter.
- Meanwhile, heat a grill tawa/pan. Grease it with oil. Now fill it with the prepared batter and spread it.
- Cover the pan with a lid. Cook it on a low flame for 2 to 3 minutes. Add some drops of oil. Then flip it. Cook it from the other side for 4 to 5 minutes on a low flame.
- Once it is cooked well and becomes nice golden brown, take it out on a serving plate.
- 'Oats Veggie Sandwich Without Bread' is ready to be served.

Tips

- The curd shouldn't be sour.
- Available vegetables of choice can be added.
- The consistency of the batter should be thick.

[Watch the video recipe](#)

[YouTube.com/zaykakatadka](https://www.youtube.com/zaykakatadka)

Cajun Spice Potatoes

a restaurant-style appetizer



By Sapna Maheshwari, A Lovely Mom, From Faridabad

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- Baby Potato/Aloo - 7 to 8
- Rice flour/Chawal ka aata - 2 tsp
- All-purpose flour/Maida - 1 tsp
- Mixed herbs - 1/2 tsp
- Chilli flakes - 1/2 tsp
- Red chilli powder/Lal mirch powder – a pinch
- Salt – to taste
- Water - as required
- Oil - for frying
- FOR PREPARING SAUCE:
- Veg Mayonnaise - 1 Tbsp
- Milk - 1 Tbsp
- Mixed herbs - 1/2 tsp
- Chilli flakes - ½ tsp
- Black pepper powder/Kali mirch powder - 1/2 tsp
- Onion powder - 1 tsp
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1/2 tsp
- Ginger powder/Sonth - 1/2 tsp
- Red chilli sauce - 1 tsp
- Onion/Pyaz - 1 Tbsp, finely chopped for garnishing
- Coriander leaves/Hara dhaniya - for garnishing
- tsp = teaspoon
- tbsp = tablespoon

Directions

- Cook the potatoes in a pressure cooker till 1 whistle. Then take them out and set them aside to cool down.
- Then press each potato with your palm to slightly flatten it. Likewise, flatten all the other potatoes and keep them aside.
- Take rice flour in a bowl. Add all-purpose flour, mixed herbs, chilli flakes, red chilli powder, and salt. Mix well.
- Add water gradually and make a lump-free, medium-consistency batter.
- Meanwhile, heat oil in a pan for frying. Now add the boiled baby potatoes to the batter and coat them evenly.
- Place the batter-coated potatoes into the hot oil. Fry them on a medium to high flame for 3 to 4 minutes till golden in colour.
- Then take them out on a plate and arrange all the potatoes on a serving plate. Then press them with a spoon to slightly flatten them and keep them aside.
- Take veg mayonnaise in a bowl. Add milk gradually to turn its consistency to a pouring consistency.
- Then add mixed herbs, chilli flakes, black pepper powder, onion powder, salt, red chilli powder, ginger powder, and red chilli sauce. Mix well. Cover all the potatoes by pouring the sauce. Garnish with onion and coriander leaves.
- 'Cajun Spice Potatoes' is ready to be served.

Tips

- If you want, you can add corn flour to the batter.
- The ratio of rice flour to all-purpose flour should be 2:1.
- The potatoes should be fried on a medium to high flame.
- Hung [curd](#) can be used instead of veg mayonnaise.
- The ratio of milk to veg mayonnaise should be 1:1.
- Garlic powder can be added to the sauce.
- [Tomato ketchup](#) can be added to the sauce instead of red chilli sauce.

[Watch the video recipe](#)

[YouTube.com/zaykakatadka](https://www.youtube.com/zaykakatadka)

Daal Dhokli

a traditional healthy dish



By Neeta Sharma, A Lovely Mom, From Rajasthan

SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- FOR PREPARING DAL
- Water - 3 & 1/2 cup + as required
- Split green gram/Green moong dal - 1 cup
- Bengal gram/Chana dal - 1/2 cup
- Salt - to taste
- Turmeric powder/Haldi - 1/2 tsp
- FOR PREPARING DHOKLI
- Whole wheat flour/Gehu ka aata - 1 cup
- Salt - to taste
- Turmeric powder/Haldi - 1/2 tsp
- Red chilli powder/Lal mirch powder - 1 tsp
- Cumin seeds/Jeera - 1/2 tsp
- Coriander leaves/Hara dhaniya - a handful
- Asafoetida/Hing - a pinch
- Water - as required
- Oil - as required
- FOR PREPARING TADKA
- Oil - 2 Tbsp
- Cumin seeds/Jeera - 1/2 tsp
- Asafoetida/Hing - a pinch
- Green chilli/Hari mirchi - 2, finely chopped
- Curry leaves/Curry patta - a few
- Garlic/Lahsun - 3 to 4 cloves, crushed (optional)
- Onion/Pyaz - 1, finely chopped
- Salt - to taste
- Turmeric powder/Haldi powder - 1/4 tsp
- Red chilli powder/Lal mirch powder - 1 tsp
- Water - as required
- Coriander leaves/Hara dhaniya - a handful
- Lemon juice/Neebu ka ras - of 1/2 lemon

- FOR DAL
- The ratio of water to dal should be 3:2.
- FOR DHOKLI
- If required, ajwain can be added.
- Instead of whole wheat flour, oil should be applied while rolling the dhokli.
- The spiciness can be adjusted to taste.
- Instead of coriander leaves, kasuri methi can be added.
- FOR TADKA
- Salt should be added carefully, as salt is already added to the dal earlier.
- The spiciness can be adjusted to taste.
- The onion should be kept crunchy.
- Serving suggestions
- It should be served with finely chopped onion, namkeen, and lemon slices.

Directions

- Wash and soak green moong dal and Bengal gram separately.
- Boil water in a pressure cooker. Add soaked green moong dal, Bengal gram, salt, and turmeric powder. Mix well.
- Boil it for 3 to 4 minutes on a high flame. Stir it occasionally.
- Meanwhile, take whole wheat flour in a bowl. Add salt, turmeric powder, red chilli powder, cumin seeds, asafoetida, and coriander leaves. Mix well.
- Now add water gradually and knead a medium-soft dough.
- Now take a small ball-sized dough and make a round shaped, circular peda from the dough. Apply oil to it and roll a peda to make a roti. Cut it into small square pieces.
- Add the prepared dhokli to the pressure cooker. Mix well. Now cover the pressure cooker with its lid.
- Cook it on a high flame till 4 whistles. Once done, turn off the flame. Then open it. Add a little water. Mix well. Keep it aside.
- FOR PREPARING TADKA
- Heat oil in a pan. Add cumin seeds, asafoetida, green chilli, curry leaves, crushed garlic, and onion. Mix well. Sauté it for 1 to 2 minutes on medium flame. Stir it occasionally.
- Then add salt, turmeric powder, and red chilli powder. Mix well and add water. Sauté it for 1 to 2 minutes on a medium flame.
- Then add the tadka to the prepared dal dhokli in the pressure cooker. Mix well and garnish it with coriander leaves.
- Then turn off the flame and add lemon juice. Mix well and take it out in a serving bowl.
- 'Daal Dhokli' is ready to be served.

Tips

Cocktail Idli

a colourful and healthy party starter



By Renu Natani,

A Lovely Mom,

From Rajasthan

SERVINGS: 6

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- FOR PREPARING IDLI
- Mini Idli/Button idli - 1 cup
- Butter - 2 Tbsp
- Salt – to taste
- Black pepper powder/Kali mirch powder - 1/2 tsp
- FOR SAUTEED VEGETABLES
- Butter - 2 Tbsp
- Green capsicum - 1 cup, diced
- Red capsicum - 1 cup, diced
- Onion/Pyaz – 1, diced
- Salt – to taste
- Black pepper powder/Kali mirch powder - 1/2 tsp
- tsp = teaspoon
- tbsp = tablespoon

Directions

- FOR PREPARING IDLI
- Heat butter in a pan. Add mini idli. Mix well. Now add salt and black pepper powder. Mix well and sauté it for 1 to 2 minutes on a low flame. Once done, turn off the flame. Take it out on plate and keep it aside.
- FOR SAUTEED VEGETABLES
- Heat butter in a pan. Add green capsicum, onion, and red capsicum. Mix well. Sauté it for 1 to 2 minutes on a low flame.
- Then add salt and black pepper powder. Mix well and sauté it for 1 to 2 minutes on a low flame. Once done, turn off the flame. Take it out on a plate and keep it aside.
- FOR PREPARING MINI IDLI SKEWERS
- Now, take a skewer and put sauteed red capsicum, idli, onion, green capsicum, idli onion, and red capsicum one by one. Likewise, prepare all skewers. Arrange them on a serving plate.
- 'Cocktail Idli' is ready to be served.

Tips

- Either [Suji Idli](#) or [Rice Idli](#) batter can be used to prepare mini idli.
- Adding salt is optional while roasting idli in butter.

Laapsi Pulao

an instant healthy and nutritious meal



By Arissa Gomes, A little chef, From Mumbai

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- FOR BOILED VEGETABLES
- Cauliflower/Phul gobhi - 1/4 cup
- Carrot/Gajar - 1/2, finely chopped
- Green peas/Matar - 1/4 cup
- Water - as required
- FOR PREPARING LAAPSI
- Broken wheat/Daliya/Laapsi - 1/4 cup
- Salt - to taste
- water - 3/4 cup
- FOR PREPARING LAAPSI PULAO
- Oil - 2 Tbsp
- Cumin seeds/Jeera - 1 tsp
- Cardamom/Elaichi - 2
- Cinnamon/Dal chini - 1 stick
- Onion/Pyaz - 1, finely chopped
- Capsicum/Shimla mirch - 1, finely chopped
- Turmeric powder/Haldi powder - 1/4 tsp
- Salt - to taste
- Pav bhaji masala - 1 Tbsp
- Water - 1 to 2 Tbsp
- FOR PREPARING RAITA
- Curd/Dahi - 1/4 cup, whisked
- Powdered sugar - 1/4 tsp
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1/4 tsp
- Coriander leaves/Hara dhaniya - 1 tsp, finely chopped
- Onion/Pyaz - 2 tsp, finely chopped
- Cucumber/Kheera - 2 tsp, grated
- tsp = teaspoon
- Tbsp = tablespoon

Directions

- FOR BOILING VEGETABLES
- Boil cauliflower, green peas, and carrot in water for 5 to 6 minutes till they become slightly soft.
- Then strain the vegetables and keep aside.
- FOR PREPARING LAAPSI
- Roast the daliya for 2 to 3 minutes on a medium flame. Then add water and salt. Mix well.
- Cook it for 3 to 4 minutes on a medium flame till the daliya is cooked well and the water evaporates. Then keep it aside.
- FOR PREPARING LAAPSI PULAO
- Heat oil in a pan. Add cumin seeds, cardamom, and cinnamon stick. Mix well.
- Add onion and sauté it for 2 to 3 minutes on a low flame till it becomes light pink. Stir it occasionally.
- Now add capsicum and mix well. Sauté it for 1 to 2 minutes on a low flame. Stir it occasionally.
- Further, add boiled vegetables. Mix well. Sauté it for 1 to 2 minutes on a low flame. Stir it occasionally.
- Then add turmeric powder, salt, and pav bhaji masala. Mix well. Add water and mix well. Sauté it for 1 minute on a low flame.
- Now add cooked laapsi. Mix well. Once done, garnish it with coriander leaves.
- FOR PREPARING RAITA
- Take curd in a bowl. Add powdered sugar, salt, red chilli powder, coriander leaves, onion, and cucumber. Mix well.
- 'Laapsi Pulao' is ready to be served with raita.

Tips

- FOR RAITA
- You can add tomato.
- FOR BOILED VEGETABLES:
- Keep the vegetables crunchy.
- FOR LAAPSI PULAO
- If required, [paneer](#) can be added.
- Vegetables can be added as per choice and availability.
- Garam masala can be added in place of [pav bhaji masala](#).
- FOR LAAPSI
- The ratio of water to daliya should be 3:1.

The logo is a circular emblem with a white border. Inside, the words "Zayka", "Ka", and "Tadka" are stacked vertically in a white serif font. A small red chili pepper is positioned to the right of the word "Ka". The entire emblem is surrounded by a cloud of yellow-orange powder.

Zayka
Ka
Tadka

ENJOY!

**FOR QUERIES AND SUGGESTIONS PLEASE SEND
US AN EMAIL TO
info@zaykakatadka.com**