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# ZAYKA KA TADKA

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LIVE RECIPES

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जो दिखता है !

वही बनता है !



LIVE FROM THE KITCHENS OF MOMS OF INDIA



Zayka  
Ka  
Tadka



# The Super Chef Moms of India



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# MANGO MIXI

a popular street food

By Ruchira Agarwal

From Rajasthan



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

- Mango / Aam - 1  
Chopped
- Ice cubes - As required
- Powdered rock sugar /  
Mishri powder - 2 to 3 tsp
- Dry fruits (Raisins,  
cashews, almonds) - As  
required + For garnishing
- Vanilla ice cream - 2  
Scoops
- Kesar pista ice cream - 1  
Scoop
- Tutti frutti - For garnishing
- Strawberry syrup - For  
garnishing
- Butterscotch syrup - For  
garnishing
- tsp = teaspoon

## DIRECTIONS

- Take 1/2 mango pieces, ice cubes,  
and mishri in a grinding jar. Grind  
it for a few seconds.
- Now add milk and grind it again  
for a few seconds.
- Now take a serving glass. Add  
mango pieces, dry fruits, 1 scoop of  
vanilla ice cream, and kesar pista  
ice cream.
- Then again add dry fruits. Further,  
fill the glass with the prepared  
mango shake. Now add 1 scoop of  
vanilla ice cream on top of it.
- Garnish it with dry fruits, tutti frutti,  
strawberry syrup, and butterscotch  
syrup.
- 'Mango Mixi' is ready to be served.

## TIPS

- Honey or powdered sugar can be added instead of mishri.
- Any type of ice cream can be added.
- You can garnish as per your choice.

# KACHRA MIRCHI KI SABJI

a tangy and spicy side dish

By Anita Sharma

From Rajasthan



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 2 MIN

## INGREDIENTS

- Snap melon / Kachra - 1/2
- Oil - 1 tbsp
- Cumin seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Green chilli / Hari mirchi - 2 to 3 Finely chopped
- Salt - As per taste
- Turmeric powder / Haldi powder - 1/2 tsp
- Red chilli powder / Lal mirch powder - 1 tsp
- Coriander powder / Dhaniya powder - 1 tsp
- Water - As required
- tsp = teaspoon
- tbsp = tablespoon

## DIRECTIONS

- Peel and remove the seeds of kachra and chop it.
- Heat oil in a pan. Add cumin seeds, asafoetida, and kachra. Mix well. Then add green chilli and mix well.
- Further, add salt, turmeric powder, red chilli powder, and coriander powder. Mix well. Add little water and mix well.
- Then cover the pan with a lid and cook it for 30 to 40 seconds on medium flame.
- Once cooked well, take it out to a serving bowl.
- 'Kachra Mirchi Ki Sabji' is ready to be served.

## TIPS

- If you want, you can add Jaggery or sugar.

# 2 TYPES OF SOUTH INDIAN CHUTNEY

nutritious and tasty side dishes

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 8

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- **FOR PREPARING TOMATO CHUTNEY :**
  - Oil - 2 to 3 tbsp
  - Asafoetida / Hing - A pinch
  - Mustard seeds / Rai - 1 tsp
  - Dry red chilli / Sukhi lal mirch - 4 to 5
  - Garlic / Lahsun - 5 to 7 Cloves
  - Onion / Pyaz - 1 Chopped
  - Peanuts / Mungfali - 1 tbsp
  - Ginger / Adarak - 1 Inch grated
  - Tomato / Tamatar - 5 Finely chopped
  - Salt - As per taste
  - Sugar - 1/2 tsp
- **FOR PREPARING RAW MANGO CHUTNEY :**
  - Raw mango / Kachha aam - 1 Peeled and chopped
  - Green chilli / Hari mirchi - 2 Chopped
  - Salt - As per taste
- **FOR PREPARING TADKA :**
  - Oil - 2 tbsp
  - Asafoetida / Hing - A pinch
  - Mustard seeds / Rai - 1 tsp
  - Black gram / Urad dal - 1 tsp
  - Curry leaves / Curry patta - A few
  - Dry red chilli / Sukhi lal mirch - 1 to 2 Chopped
  - tsp = teaspoon
  - tbsp = tablespoon

## DIRECTIONS

- **FOR PREPARING TOMATO CHUTNEY :**
  - Heat oil in a Kadhai. Add asafoetida, mustard seeds, dry red chilli, and garlic. Mix well.
  - Add onion and mix well. Saute it for 1 to 2 minutes on medium flame. Stir it occasionally.
  - Then add peanuts and mix well. Add ginger. Mix well. Saute it for 1 minute on medium flame. Stir it occasionally.
  - Further, add tomato and mix well. Then add salt and sugar. Mix well.
  - Now cover the pan with a lid and cook it for 2 to 3 minutes on medium flame till the tomato becomes soft. Stir it occasionally in between.
  - Once cooked well, let it cool down. Then transfer it to a grinding jar. Coarsely grind it in a mixer. Take it out to a bowl.
- **FOR PREPARING RAW MANGO CHUTNEY :**
  - Take raw mango, green chilli, and salt in a grinding jar. Coarsely grind it in a mixer for a few seconds to prepare its chutney. Take it out to a bowl.
- **FOR PREPARING TADKA :**
  - Heat oil in a tadka pan. Add asafoetida, mustard seeds, urad dal, curry leaves by slightly breaking them, and dry red chilli. Mix well.
  - Pour the prepared tadka into both prepared chutney bowls.
  - '2 Types Of South Indian Chutney' are ready to be served.

## TIPS

- **FOR TOMATO CHUTNEY :**
  - You can add roasted gram dal to the chutney instead of peanuts.
  - The ratio of onion to tomato should be 1:5.
  - The tomato should be cooked on medium flame.
  - The chutney should be coarsely ground.

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# BREAD PAKODA CHAAT

tasty fusion appetizer

By **Nirmala Gupta**

From **Rajasthan**



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- **FOR PREPARING POTATO STUFFING :**
- Potato / Aloo - 2 Boiled and mashed
- Salt - As per taste
- Turmeric powder / Haldi powder - 1/2 tsp
- Red chilli powder/ Lal mirch powder - 1 tsp
- Green chilli / Hari mirch - 1 Chopped
- Coriander leaves / Hara dhaniya - A handful
- Chaat masala - 1/2 tsp
- **FOR PREPARING GRAM FLOUR BATTER :**
- Gram flour / Besan - 1 cup
- Salt - As per taste
- Turmeric powder / Haldi powder - 1/2 tsp
- Cumin seeds / Jeera - 1/2 tsp
- Red chilli powder/ Lal mirch powder - 1/2 tsp
- Water - as required
- **FOR PREPARING BREAD PAKODA CHAAT :**
- Bread slice - 2
- Oil - For frying
- Curd - As required whisked
- Green chutney - As required
- Tamarind chutney - As required
- Zero number sev / Nylon Sev - As required + For garnishing
- Salt - As per taste
- Red chilli powder/ Lal mirch powder - As required
- Cumin seeds / Jeera - As required
- Coriander leaves / Hara dhaniya - For garnishing
- tsp = teaspoon
- tbsp = tablespoon

## DIRECTIONS

- **FOR PREPARING POTATO STUFFING :**
- Take boiled potato in a bowl. Add salt, turmeric powder, red chilli powder, coriander leaves, chaat masala, and green chilli. Mix well. Keep it aside.
- **FOR PREPARING GRAM FLOUR BATTER :**
- Take gram flour in a big bowl. Add salt, turmeric powder, cumin seeds, and red chilli powder. Mix well.
- Add water gradually to prepare a lump-free and medium thick consistency batter.
- **FOR PREPARING BREAD PAKODA CHAAT :**
- Take a bread slice and spread the prepared potato stuffing on it. Now cover it with the prepared gram flour batter.
- Meanwhile, heat oil for frying. Put the prepared bread slice's stuffed side in the hot oil. Pour the prepared gram flour batter on the plain bread side and cover it.
- First, fry it on low flame. Then flip it and fry it on a medium flame for 1 to 2 minutes. Once fried from both sides take it out to a serving plate using a slotted spoon.
- Make 2 slits on it. Pour curd, green chutney, and tamarind chutney on it.
- Sprinkle nylon sev, salt, red chilli powder, and cumin seeds. Again add some green chutney and tamarind chutney.
- Garnish it with nylon sev and coriander leaves.
- 'Bread Pakoda Chaat' is ready to be served.

## TIPS

- Make slits on the bread pakoda to make it tasty from the inside with curd.
- First, fry the pakoda on low flame, then fry it on medium flame.

# BAHUBALI PARATHA

a delicious meal option

By Veena Sakhrani

From Rajasthan



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- **FOR PREPARING PANEER STUFFING :**
- Cottage cheese / paneer - 100 gms. grated
- Onion / Pyaz - 2 Finely chopped
- Green chilli / Hari mirch - 1 to 2 Finely chopped
- Dry mango powder / Amchur powder - 1/2 tsp
- Salt - As per taste
- Red chilli powder / Lal mirch powder - 1 tsp
- Cumin seeds powder / Jeera powder - 1 tsp
- Cumin seeds / Jeera - 1 tsp
- Chaat masala - 1 tsp
- Coriander leaves / Hara dhaniya - A handful
- **FOR PREPARING CHEESE POTATO STUFFING :**
- Cheese - 1/2 Cup finely chopped
- Boiled potato / Ubla aloo - 1 Peeled and mashed
- Green chilli / Hari mirch - 1 to 2 Finely chopped
- Coriander leaves / Hara dhaniya - A handful
- Chaat masala - 1 tsp
- Cumin seeds / Jeera - 1 tsp
- Salt - As per taste
- Red chilli powder / Lal mirch powder - 1 tsp
- Dry mango powder / Amchur powder - 1/2 tsp
- Cumin seeds powder / Jeera powder - 1 tsp
- **FOR PREPARING BAHUBALI PARATHA :**
- Whole wheat dough / Gehu ka aata - As required
- Clarified butter / Ghee - As required
- tsp = teaspoon
- tbsp = tablespoon

## DIRECTIONS

- **FOR PREPARING PANEER STUFFING :**
- Take onion and green chilli in a bowl. Press it between your palms and remove its water.
- Take grated paneer, onion and green chilli mixture, dry mango powder, salt, red chilli powder, cumin seeds powder, cumin seeds, chaat masala, and coriander leaves in a plate. Mix well.
- **FOR PREPARING CHEESE POTATO STUFFING :**
- Take cheese, boiled potato, green chilli, coriander leaves, chaat masala, cumin seeds, salt, red chilli powder, dry mango powder, and cumin seeds powder in a plate. Mix well.
- **FOR PREPARING BAHUBALI PARATHA :**
- Take the soft whole wheat dough and make a big round shaped circular peda from the dough. Dust it with flour and roll a peda to make a big sized paratha.
- Then add the prepared cheese potato stuffing in the half part of paratha and add the paneer stuffing in the other half part of the paratha.
- Join the edges and seal the paratha properly. Dust it with flour. Then roll it with light hands and prepare the paratha.
- Meanwhile, heat a tawa. Place the prepared paratha on it and cook it on one side on high flame. Flip it, once it is brown.
- Apply ghee on both sides and shallow fry it on a medium flame. Once done, transfer it to a serving plate.
- 'Bahubali Paratha' is ready to be served.

## TIPS

- The whole wheat dough should be soft consistency.
- Cheese can be added as per choice.
- The paratha should be shallow fried in enough quantity of ghee.
- Firstly, roast well the paratha on high flame then flip it.

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# MASALA MUNGFALI

a spicy and crunchy snack

By Saroj Sharma

From Rajasthan



SERVINGS: 3

PREPARATION TIME: 20 MIN

COOKING TIME: 6 MIN

## INGREDIENTS

- Peanuts / Mungfali - 2 Cups
- Water - As required
- Clarified butter / Ghee - 1 tbsp
- Red chilli powder / Lal mirch powder - 1/2 tsp
- Jal jeera powder - 1/2 tsp
- Black pepper powder / Kali mirch powder - 1/4 tsp
- Black salt / Kala namak - 1/4 tsp
- tsp = teaspoon
- tbsp = tablespoon

## TIPS

- If you want, you can use oil instead of ghee.
- Spices should be added while the peanuts are warm.
- You can store these masala peanuts in an air-tight container for 30 days.

## DIRECTIONS

- Soak peanuts in water for 5 minutes. Then drain out the water and let it dry for 10 to 15 minutes.
- **FOR ROASTING IN A PAN :**
- Heat ghee in a pan. Add soaked peanuts. Roast it for 10 to 15 minutes on low flame till it becomes nice golden brown.
- Then add red chilli powder, jal jeera powder, black pepper powder, and black salt. Mix well.
- Once done, let it cool down completely. Then store it in an air-tight container for 30 days.
- **FOR ROASTING IN A MICROWAVE :**
- Take soaked peanuts in a baking tray. Add ghee and mix well. Add black salt, jal jeera powder, black pepper powder, and red chilli powder. Mix well.
- Roast it in a microwave for 2 minutes. Then take it out for 10 seconds. Repeat the process 3 times. Then keep the roasted peanuts baking tray in a microwave for 60 minutes.
- Once done, let it cool down completely. Then store it in an air-tight container for 30 days.
- 'Masala Mungfali' is ready to be served.

# DABELI WITH HOMEMADE DABELI MASALA

a savoury and delicious snack item

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 3

PREPARATION TIME: 5 - 7 MINS

COOKING TIME: 5 MIN

## INGREDIENTS

- Whole Coriander seeds - 2 tbsp
- Cumin seeds - 1 tbsp
- Black peppercorns - 1 tbsp
- Til/ Sesame seeds - 2 tbsp
- Coconut flakes - 4 to 5 pieces
- Saunf/ Fennel seeds - 2 tbsp
- Sukhi Laal mirch/ Dry red chilli - 2
- Tej patta/ Bay leaf - 1
- Dalchini/ Cinnamon stick - 1 small stick
- Chakra fool/ Star anise - 1
- Badi Elaichi/ Black Cardamom - 1
- Laung/ Cloves - 5
- Kala namak/ Black salt - 1 tsp
- Dry mango powder - 1 tsp
- Haldi powder/ Turmeric powder - 1/2 tsp
- Red chilli powder - as per taste
- Powdered Cheeni/ Sugar - 1 tsp
- **FOR STUFFING-**
- Oil - 2 tbsp
- Dabeli masala - 2 tbsp
- Boiled Aloo/ Potato - 1 cup mashed
- Namak/ Salt - as per taste
- Water - 2 to 3 tbsp
- Roasted Moongfali/ Peanuts - 1 cup
- Pyaz/ Onion - 2 finely chopped
- Coriander leaves - a handful finely chopped
- Nimbu ras/ Lemon juice - 1/2 lemon
- Anaar daana/ Pomegranate seeds - for garnishing
- Nylon sev - for garnishing
- Coriander leaves - for garnishing
- **FOR PREPARING GARLIC CHUTNEY-**
- Dabeli masala - 2 tbsp
- Lasun/ Garlic - 5 to 6 cloves
- Water - as required
- **OTHER INGREDIENTS-**
- Meethi chutney - as per taste
- Pav - 3
- Butter - as required

## DIRECTIONS

- In a pan, add and dry roast coriander seeds, cumin seeds, black peppercorns, sesame seeds, coconut flakes, fennel seeds, dry red chilli, bay leaf, cinnamon stick, star anise, black cardamom, and cloves on slow flame for about 2 minutes and becomes aromatic. Turn off the flame and let it cool.
- In a grinding jar, add the roasted spices, black salt, dry mango powder, turmeric powder, kashmiri red chilli powder, and powdered sugar to it and grind it to make fine powder.
- **FOR PREPARING THE STUFFING-**
- In a pan, add oil and 1 tablespoon dabeli masala and mix them well.
- Add boiled potato and salt to the pan and mix them well. Add water to it and mix it well with the other ingredients. Let it cool.
- In a bowl, add roasted peanuts, 1 tablespoon oil, 1 tablespoon dabeli masala, and salt to it and mix them well. Add this mixture on the stuffing.
- In a bowl, add onion, coriander leaves, salt, red chilli powder, and lemon juice to it and mix them well. Add this mixture to the stuffing as well.
- Garnish it with pomegranate seeds, nylon sev, and coriander leaves.
- **FOR PREPARING THE GARLIC CHUTNEY-**
- In a grinding jar, dabeli masala, garlic, and water to it and grind it well to make chutney.
- **FOR PREPARING THE DABELI-**
- Cut the pav from between and spread meethi chutney on one side and the garlic chutney on the other side.
- Spread the stuffing in the pav evenly. Add onions and another layer of stuffing in it and press it gently.
- Meanwhile heat a pan and add butter on it. Place the dabeli on it and cook well from both sides. Flip on the other side to cook the other side as well.
- Add meethi chutney and garnish it with sev and coriander leaves.
- 'Dabeli with Homemade Dabeli Masala' is ready to be served.

## TIPS

- Instead of using coconut flakes, you can also use coconut powder to prepare the dabeli masala.
- You can store the dabeli masala in an airtight container and use it whenever you wish to prepare dabeli.
- You can use tomato sauce if meethi chutney is not available to you.

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# TOMATO RAVA UPMA

a quick and easy tiffin option

By Ani Setia

From Rajasthan



SERVINGS: 1

PREPARATION TIME: 2 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- Samolina / Rava - 1 Cup
- Tomato / Tamatar - 2 Chopped
- Ginger / Adarak - 1 Inch chopped
- Green chilli / Hari mirchi - 1 Chopped
- Hot water - 2 & 1/2 Cups
- Oil - 1 tbsp
- Clarified butter / Ghee - 1 tbsp
- Cashew / Kaju - 2 to 3 Halves + For garnishing
- Peanuts / Mungfali - 4 to 5
- Split black gram / Urad dal - 1/4 tsp
- Split gram dal / Chana dal - 1/4 tsp
- Mustard seeds / Rai - 1/2 tsp
- Asafoetida / Hing - A pinch
- Curry leaves / Curry patta - A few + For garnishing
- Salt - As per taste
- Red chilli powder / Lal mirch powder - 1/2 tsp
- Coriander leaves / Hara dhaniya - For garnishing
- tsp = teaspoon
- tbsp = tablespoon

## DIRECTIONS

- Roast the semolina in a pan for 1 to 2 minutes on medium flame. Once done, turn off the flame and keep it aside.
- Take tomato, ginger, and green chilli in a grinding jar. Grind it for a few seconds to prepare its puree. Take it out in a bowl and keep it aside.
- Heat oil and ghee in a pan. Add cashews, peanuts, urad dal, chana dal, mustard seeds, asafoetida, curry leaves, and the prepared tomato puree. Cover the pan with a lid for a few seconds.
- Then add salt and red chilli powder. Cover the pan with a lid for a few seconds. Then mix well.
- Add hot water and roasted semolina. Mix well. Keep stirring continuously for 1 to 2 minutes on medium flame till the water absorbs and turns thick.
- Once done, turn off the flame and take it out to a serving bowl. Garnish it with coriander leaves, curry leaves, and cashew.
- 'Tomato Rava Upma' is ready to be served.

## TIPS

- The ratio of water to rava should be 1:3.
- If you want, you can add lemon juice to the upma.

# KHEERA PURI

a summer special spicy and delicious meal

By Kirti Agarwal, Manju Agarwal, and Ruchira Agarwal



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- **FOR PREPARING KHEERA STUFFING :**
- Cucumber / Kheera - 1 Grated
- Oil - 2 tbsp
- Mustard seeds / Rai - 1/2 tsp
- Cumin seeds / Jeera - 1/2 tsp
- Ginger-green chilli paste / Adarak-hari mirch paste - 1/2 tsp
- Dry coriander seeds / Sabut dhaniya - 2 tsp crushed
- Fennel seeds / Saunf - 1 tsp crushed
- Red chilli powder / Lal mirchi powder - 1/2 tsp
- Roasted cumin seeds powder / Jeera powder - 1 tsp
- Salt - As per taste
- Black salt / Kala namak - 1/2 tsp
- Turmeric powder / Haldi powder - 1/2 tsp
- Gram flour / Besan - 2 to 3 tsp
- Coriander leaves / Hara dhaniya - A handful
- Mint leaves / Pudina - A few
- **FOR PREPARING DOUGH :**
- Whole wheat dough / Gehu ka aata - 1 & 1/2 Cup
- Semolina / Sooji - 2 tsp
- Salt - As per taste
- Turmeric powder / Haldi powder - 1/4 tsp
- Red chilli powder / Lal mirchi powder - 1/2 tsp
- Carom seeds / Ajwain - 1/2 tsp
- Oil 1 tbsp + For frying
- Squeezed-out water from cucumber / Kheere ka pani - As required
- Water - As required
- tsp = teaspoon
- tbsp = tablespoon

## DIRECTIONS

- **FOR PREPARING KHEERA STUFFING :**
- Remove water from cucumber by squeezing it using a thin cloth.
- Heat oil in a pan. Add mustard seeds, cumin seeds, and ginger-green chilli paste. Saute it for a few seconds.
- Then add crushed dry coriander seeds, fennel seeds, red chilli powder, roasted cumin seeds powder, salt, black salt, turmeric powder, and besan. Mix well.
- Roast it for 1 to 2 minutes on low flame till the nice aroma begin to rise. Then add the grated cucumber.
- Roast it for 1 to 2 minutes on low flame. Then add coriander leaves and mint leaves. Mix well. Once done, turn off the flame.
- **FOR PREPARING DOUGH :**
- Take whole wheat flour in a bowl. Add sooji, salt, turmeric powder, red chilli powder, carom seeds by rubbing between your palms, and oil. Mix well.
- Then add squeezed-out water from cucumber gradually to prepare a medium-consistency dough.
- **FOR PREPARING KHEERA POORI :**
- Take a small ball sized part of the dough and flatten it and roll it to make small poori. Likewise, prepare another poori.
- Now add the prepared cucumber stuffing in the center of a poori. Apply water on the poori's borders.
- Place the other poori over it. Carefully seal the border of poori with your fingers. Dust it with flour and again roll it with light hands to prepare poori.
- Meanwhile, heat oil for frying. Put the prepared poori in the hot oil.
- Deep fry it on low to medium flame for 1 to 2 minutes until it turns crispy and golden brown from all sides. Then, take them out on a serving plate using a slotted spoon.
- 'Kheera Puri' is ready to be served.

## TIPS

- Use squeezed-out water of cucumber to knead the dough, if required you can add normal water.
- You can pack this poori as travel food also.

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# 2 TYPES OF SANDWICHES

quick and easy appetizers

By Mita Mody

From Mumbai



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

### • FOR PREPARING SEV PURI SANDWICH :

- Butter - As required
- Bread - 2 Slices
- papdi / Mathari - 4
- Green chutney / Hari chutney - As required
- Sweet chutney / Meethi chutney - As required
- Onion / Pyaz - 1 Finely chopped
- Boiled potato / Uble huye aloo - 1 Peeled and sliced
- Chaat masala - As required
- Nylon sev - As required + For garnishing
- Coriander leaves / Hara dhaniya - A handful
- Tomato / Tamatar - 1 Sliced
- Cucumber / Kheera - 1/2 Sliced
- Cheese - As required

### • FOR PREPARING DESSERT SANDWICH :

- Butter - As required
- Bread - 2 Slices
- Grated paneer - As required
- Condensed milk - As required
- Grated chocolate - As required
- Mix dry fruits - Finely chopped
- Chocolate sauce - As required for garnishing

## DIRECTIONS

### • FOR PREPARING SEV PURI SANDWICH :

- Heat butter in a tawa. Add a bread slice. Toast it from both sides by applying butter on a medium flame till it becomes nice golden and crispy. Likewise, toast another bread slice. Then take it out on a plate.
- Take 4 papdi/mathari on a plate. Add green chutney, meethi chutney, onion, and boiled potato slices on it.
- Sprinkle chaat masala on it. Then add nylon sev and coriander leaves.
- Further, apply green chutney on both toasted bread slices. Put the prepared 4 papdi/mathari on it. Sprinkle chaat masala on it.
- Add tomato slices and cucumber slices. Sprinkle chaat masala on it. Grate cheese on it and add nylon sev on it. Cover it with another green chutney applied bread.
- Heat butter on a tawa. Place the prepared sandwich on the tawa.
- Toast it from both sides on a medium flame till it becomes nice golden and crispy. Sprinkle nylon sev on it. Garnish it with grated cheese.
- Once done, take it out on a serving plate and cut it.

### • FOR PREPARING DESSERT SANDWICH :

- Toast both bread slices in a grill pan from one side.
- Heat a tawa. Put toasted bread sides on the tawa.
- Add paneer, condensed milk, grated chocolate, and mix dry fruits to one bread slice. Then again add condensed milk on it.
- Cover it with another toasted bread slice. Garnish it with chocolate sauce and mix dry fruits.
- Once done, take it out on a serving plate and cut it.
- '2 Types Of Sandwiches' is ready to be served.

# ACHARI DAHI ALOO

a delicious curry

By Shveta Sheth

From Mumbai



SERVINGS: 6

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Mustard oil / Sarso ka tel - 1 & 1/2 tbsp
- Bay leaf / Taj patta - 1
- Cinnamon / Dalchini - 1 Stick
- Cloves / Laung - 2 to 3
- Black peppercorns / Kali mirch - 2 to 3
- Mustard seeds / Rai - 1/2 tsp
- Cumin seeds / Jeera - 1 tsp
- Dry red chilli / Sukhi lal mirchi - 2
- Boiled potato / Aloo - 3 Peeled and chopped
- Salt - As per taste
- Curd / Dahi - 2 Cups whisked
- Peri-peri masala - 1/2 tsp
- Turmeric powder / Haldi powder - 1/2 tsp
- Red chilli powder / Lal mirch powder - 2 tsp
- Coriander powder / Dhaniya powder - 1 tsp
- Cumin seeds powder / Jeera powder - 1 tsp
- Pickle masala / Achar masala - 1 tbsp
- All spice mix powder / Garam masala - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- tsp = teaspoon
- tbsp = tablespoon

## DIRECTIONS

- Take curd in a bowl. Add peri-peri masala, salt for curd, turmeric powder, red chilli powder, coriander powder, cumin seeds powder, and pickle masala. Mix well. Keep it aside.
- Heat oil in a pan. Add bay leaf, cinnamon stick, cloves, black peppercorns, mustard seeds, cumin seeds, dry red chilli, and boiled potato. Mix well.
- Now add salt for potato and mix well. Saute it for 2 to 3 minutes on medium flame. Stir it occasionally.
- Now keep the flame low and add the prepared curd mixture. Mix well and keep stirring continuously till it starts to boil.
- Then add all spice mix powder and coriander leaves. Mix well.
- Once done, turn off the flame and take it out to a serving bowl. Garnish it with coriander leaves.
- 'Achari Dahi Aloo' is ready to be served.

## TIPS

- You can add any type of pickle masala.
- It is recommended to use mustard oil to prepare this sabji.
- Keep the flame low before adding curd, otherwise, it will curdle.
- Keep stirring continuously after adding curd till it starts to boil otherwise, curd will curdle.
- Add less curd to make less gravy.

[WATCH THE VIDEO RECIPE](#)

[YOUTUBE.COM/ZAYKAKATADKA](https://www.youtube.com/zaykakatakda)

# MANGO KAKARA PITHA

a traditional dish of Odisha

By Swastika Pradhan

From Kolkata



SERVINGS: 3 - 4

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 5 - 7 MIN

## INGREDIENTS

### • FOR DOUGH :

- Sooji/Semolina - 1 cup
- Chawal ka atta/Rice flour - 1/2 cup
- Water - 2 cup
- Namak/Salt - 1/4 tsp
- Ghee/Clarified butter - 1 tbsp
- Saunf/Fennel seeds - 1 tsp
- Sugar - 4 to 5 tbsp
- Mango pulp - 1 cup
- Oil - for frying

### • FOR STUFFING :

- Grated fresh coconut - 1 cup
- Dry nuts - as required
- Sugar - 1 cup
- tsp = teaspoon
- tbsp = tablespoon

## TIPS

- You can add jaggery instead of sugar.
- Use mawa instead of coconut for the stuffing.
- You can use oil instead of ghee.
- You can do shallow fry instead of deep fry.

## DIRECTIONS

### • FOR STUFFING :

- Heat a kadai/wok. Add grated fresh coconut, dry nuts and sugar. Mix well. Roast it till it turn in dry mixture. Now, keep this stuffing aside.

### • FOR DOUGH :

- Heat a kadai/wok. Pour water in it. Now, add salt, ghee, fennel seeds and sugar in it. Boil it till sugar dissolves completely.
- Then, add mango pulp and boil it on low flame. Now, add sooji and rice flour. Mix well to avoid lumps. Keep stirring continuously till the mixture becomes thick and leaves the pan. Then turn off the flame. Grease a plate with ghee. Transfer the dough mixture to the plate. Let it cool a while.

### • FOR MANGO KAKARA PITHA :

- Grease fingers and palm with ghee and knead the dough evenly. Take a portion of dough. Spread it with help of palm and fingers. Now, place one portion of the stuffing in the middle and fold the edges of the covering over it and seal it. Roll this into a ball and flatten it slightly. Likewise, prepare all mango kakara pitha.
- Meanwhile, heat oil in a kadai/wok. Place prepared mango kakara pitha in hot oil. Deep fry them till they turn slightly golden from both sides. Once done, take them out.
- 'Mango Kakara Pitha' is ready to be served.

# DHABA STYLE ALOO GOBHI KI SABJI WITHOUT ONION GARLIC

a delicious side dish

By Saroj Bhasin

From Rajasthan



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Cauliflower / Phul gobhi - 1/2 Chopped
- Potato / Aloo - 2 Peeled and chopped
- Oil - 2 tbsp + For frying
- Cumin seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Tomato / Tamatar - 2 Chopped
- Ginger / Adarak - 1 Inch chopped
- Green chilli / Hari mirch - 1 Chopped
- Red chilli powder / Lal mirch powder - 1 tsp
- Turmeric powder / Haldi powder - 1/2 tsp
- Salt - As per taste
- Black pepper powder / Kali mirch powder - 1/2 tsp
- Coriander powder / Dhaniya powder - 1 tsp
- tsp = teaspoon
- tbsp = tablespoon

## DIRECTIONS

- Take tomato, ginger, and green chilli in a grinding jar and grind it for a few seconds to prepare its puree. Keep it aside.
- Heat the oil in a pan for frying. Place the cauliflower and potato into the hot oil. Fry them on medium flame for 5 to 6 minutes.
- Deep fry them until they turn soft and light golden brown from all sides. Once done, take them out to a plate.
- Heat 2 tbsp of oil in a pan. Add cumin seeds, asafoetida, and tomato puree. Mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally in between.
- Add red chilli powder, turmeric powder, salt, black pepper powder, and coriander powder. Mix well.
- Saute it for 2 to 3 minutes on medium flame till the oil separates. Keep stirring occasionally in between.
- Then add fried cauliflower and potatoes. Mix well. Once done, turn off the flame and take it out to a serving bowl.
- 'Dhaba Style Aloo Gobhi Ki Sabji Without Onion Garlic' is ready to be served.

## TIPS

- You can shallow fry aloo and gobhi instead of deep frying it.



# Ultra Vada Pav

an interesting and innovative street food

By Vijay Haldiya & Shveta Sheth



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- **FOR PREPARING POTATO STUFFING**
- Potato/Aloo - 2, boiled and mashed
- Green chilli/Hari mirchi - 2 to 3, finely chopped
- Ginger/Adrak - 1 inch, grated
- Coriander leaves/Hara Dhaniya - a handful
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- All spice mix powder/Garam masala - 1/4 tsp
- Cumin seed powder/Jeera powder - 1 tsp
- Asafoetida/Hing - a pinch
- **FOR PREPARING ULTA VADA PAV**
- Gram flour/Besan - 1 cup
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- Asafoetida/Hing - a pinch
- Bun - 1
- Cheese cube - 1 (optional)

## DIRECTIONS

- **FOR PREPARING THE POTATO STUFFING**
- Take potato in a bowl. Add green chilli, ginger, coriander leaves, salt, red chilli powder, turmeric powder, all spice mix powder, cumin seeds powder, and asafoetida. Mix well and keep aside.
- **FOR PREPARING THE ULTA VADA PAV**
- Take gram flour in a bowl. Add salt, red chilli powder, asafoetida, and turmeric powder. Then add water gradually and prepare a lump-free, medium-consistency batter. Keep it aside.
- Now take a bun. Make 4 slits on the bottom side into a square shape gently. Take out the square-shaped bun part and keep it aside. Scoop a small portion of the bun to make space for the stuffing.
- Now stuff the half-bun with the prepared potato stuffing mixture. Then add a cheese cube. Now again stuff it with the prepared potato stuffing mixture. Cover it with the removed square-shaped bun part.
- Meanwhile, heat oil in a pan for frying. Dip the prepared bun into the batter and coat it evenly. Place it into the hot oil and fry it on a medium flame.
- While frying, pour some hot oil from the pan on the ultra vada pav to cook it well from all sides.
- Deep fry it until become crispy and golden brown from all sides. Then, take it out on a serving plate using a slotted spoon and cut it.
- 'Ultra Vada Pav' is ready to be served with fried green chilli, green chutney, and masala onion.

## TIPS

- Ginger paste can be added instead of grated ginger.
- While frying, pour some hot oil from the pan on the ultra vada pav to cook it well from all sides.
- Deep fry the ultra vada pav until it becomes crispy and golden brown from all sides.

[WATCH THE VIDEO RECIPE](#)

[YOUTUBE.COM/ZAYKAKATADKA](https://www.youtube.com/ZAYKAKATADKA)

# MANGALORE BUNS

one of the tastiest breakfast dish

By Smita Srikanth

From Bangalore



SERVINGS: 1 - 2

PREPARATION TIME: 120 MIN

COOKING TIME: 3 - 4 MIN

## INGREDIENTS

- Ripe Banana/Paka hua kela - 1/2
- Curd/Dahi - 1 tbsp
- Jaggery/Gud - 2 tbsp
- Clarified butter/Ghee - 2 tbsp + for greasing
- Baking soda - a pinch
- Whole wheat flour - as required
- Oil - as required for frying
- tbsp = tablespoon

## DIRECTIONS

- Take a bowl, add banana, curd, jaggery, 1 tbsp of ghee, baking soda. Mash and mix well.
- Add whole wheat flour gradually to prepare a medium soft dough.
- Apply ghee and knead the dough again. Then cover it and keep it aside for 2 hours.
- Now, heat oil for frying. Meanwhile, Grease the rolling base with ghee and make small thick poori out of the dough.
- Fry the poori in hot oil. Lower the flame and fry it until it turns nice golden brown. Once done take it out in a plate.
- 'Mangalore Buns' are ready to be served.

## TIPS

- Adjust sweetness as per your taste.

# PANEER DO PYAZA – FUSION RECIPE

an amazingly flavorful dish with a twist

By Sapna Maheshwari

From Faridabad



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Mustard oil / Sarso ka tel - 1 tbsp + 2 tbsp
- Onion / pyaz - 1 Cup diced + 1 Cup finely chopped
- Tricolor bell pepper - 3 Cups Diced
- Oregano - 1/2 tsp
- Chilli flakes - 1/2 tsp
- Pizza sauce - 1 tbsp
- Schezwan sauce - 1 tbsp
- Soy sauce - 1 tbsp
- Peri-peri masala - 1 tsp
- Rock salt - As per taste
- Cottage cheese / Paneer - 1 Cup diced
- Spring onion - For garnishing
- tsp = teaspoon
- tbsp = tablespoon

## TIPS

- Mixed herbs and [tomato ketchup](#) can be added.

## DIRECTIONS

- Heat 1 tbsp of mustard oil in a pan. Add diced onion and tricolor bell pepper. Mix well. Cover the pan with a lid and cook it for 3 to 4 minutes on medium flame. Stir it occasionally.
- Once cooked well, turn off the flame. Keep it aside.
- Heat 2 tbsp of mustard oil in a pan. Add finely chopped onion and saute it for 1 to 2 minutes on medium flame. Stir it occasionally.
- Then add oregano, chilli flakes, pizza sauce, schezwan sauce, soy sauce, and peri-peri masala. Mix well.
- Then add rock salt and mix well. Now add the cooked onion, tricolor bell peppers, and paneer. Mix well.
- Once done, garnish it with spring onion and take it out to a serving plate.
- 'Paneer Do Pyaza - Fusion Recipe' is ready to be served.

# GUJARATI PURAN POLI

an authentic dish

By Shraddha Thakrar

From Gujarat



SERVINGS: 4

PREPARATION TIME: 160 MIN

COOKING TIME: 20 MIN

## INGREDIENTS

- Pigeon peas/ Arhar/ Toor dal - 1 Cup
- Water - 1 Cup + as required
- Clarified butter / Ghee - 2 tsp + For roasting
- Sugar - 1 Cup
- Whole wheat dough / Gehu ka aata - As required
- Nutmeg powder / Jaifal powder - 1/2 tsp
- tsp = teaspoon
- tbsp = tablespoon

## TIPS

- The ratio of water and sugar to toor dal should be 1:1.
- When the toor dal mixture holds the spatula straight, it indicates that the mixture is well roasted.
- Keep the prepared toor dal balls in the refrigerator for minimum 2 hours.
- You can store the prepared toor dal balls in the refrigerator for 2 to 3 days and in the freezer for a long time.
- The toor dal ball should be bigger than the whole wheat dough ball.
- The stuffed ball should be dusted with less quantity of whole wheat flour.
- The puran poli should be prepared in small sizes.
- Cardamom powder can be added instead of nutmeg powder.
- Make the small-sized indentations on puran poli using a spoon while applying ghee to it, so ghee will be soaked inside.

## DIRECTIONS

- Wash and soak toor dal for 30 minutes. Then, drain the water completely. Now take it out in a bowl and add 1 Cup of water to it.
- Now add water to a pressure cooker and put a ring. Then put a toor dal bowl on it. Now cover the pressure cooker with its lid.
- Cook it on high flame till 3 whistles. Then keep the flame low for 2 minutes. Once done, turn off the flame. Take out boiled toor dal in a bowl and mash it.
- Heat 1 tsp of ghee in a pan. Add boiled toor dal. Mix well.
- Then add sugar and mix well. Roast it for 10 to 11 minutes on medium flame till the mixture becomes thick. Stir it occasionally.
- When the toor dal mixture holds the spatula straight, it indicates that the mixture is well roasted. Then add 1 tsp of ghee and nutmeg powder. Mix well.
- Once done, turn off the flame and let it cool down. Now prepare small round balls from it. Keep it in the refrigerator for a minimum of 2 hours.
- Take the medium-soft wheat dough and make round shaped circular peda from the dough. Dust it with flour and roll a peda to make a small roti.
- Add the prepared toor dal ball in the center. Join the edges and seal the roti properly. Dust it with flour. Then roll it with light hands and prepare the puran poli.
- Meanwhile, heat a tawa. Place the prepared puran poli on it and cook it on one side. Flip it, once it is slightly brown.
- Press the puran poli while roasting it to make it fluffy. Once done, transfer it to a serving plate. Apply ghee to it.
- Make the small-sized indentations on puran poli using a spoon, so ghee will be soaked inside.
- 'Gujarati Puran Poli' is ready to be served.

# BREAD MILK TOAST

a quick and tasty hot dessert

By Neha Agrawal

From Raipur



SERVINGS: 1

PREPARATION TIME: 2 MIN

COOKING TIME: 4 MIN

## INGREDIENTS

- Butter - 1 tsp
- Bread - 2 Slices
- Custard powder - 1 tsp
- Milk - 2 Cups
- Sugar - 1/2 Cup
- Almonds / Badam - 2 to 3 Chopped
- Pistachio / Pista - 4 to 5 Chopped
- Cardamom powder / Elaichi powder - 1/2 tsp
- tsp = teaspoon
- tbsp - tablespoon

## TIPS

- Custard powder should be added by preparing its slurry.
- Ghee can be used to toast the bread instead of butter.
- You can serve it hot.

## DIRECTIONS

- Take custard powder in a bowl. Add little milk and mix well to prepare a lumps-free mixture.
- Heat butter in a pan. Add bread slices. Roast it for 1 to 2 minutes on low flame. Then flip it.
- Toast it from both sides by adding butter on it on a low flame till it becomes nice golden and crispy.
- Once toasted well, add milk and sugar. Let it boil for 1 to 2 minutes. Pour milk on the bread slice from the pan.
- Now add the prepared custard milk mixture. Further, add cardamom powder. Let it boil for 1 to 2 minutes on low flame.
- Then turn off the flame and take it out to the serving plate. Garnish it with almonds and pistachio, then cut it.
- 'Bread Milk Toast' is ready to be served.

# CHUTNEY WALE PANEER KE PAKODE

a famous snack in North India

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

### • FOR BATTER :

- Gram Flour / Besan - 1/2 Cup
- Salt / Namak - As Per Taste
- Turmeric powder / Haldi - 1/4 tsp
- Red Chilli Powder / Mirchi Powder - As Per Taste
- Ginger - Green Chilli Paste / Adrakh Mirchi Paste - 1/2 to 1 tsp
- Carom Seeds / Ajwain - 1/4 tsp
- Coriander Leaves / Hara Dhaniya - 1 tbsp Finely Chopped
- Water - As Required
- Baking Soda - 1 Pinch

### • FOR STUFFING :

- Cottage Cheese / Paneer cubes - As Required
- Green Chutney - As Required
- Oil - For Deep Frying
- Chaat Masala - 1/2 tsp

## TIPS

- If you want, you can use grated ginger chilli instead of paste.
- You can stuff the paneer cubes with tomato ketchup or meethi chutney also.
- Make this dish using [Green chutney](#)
- Serve this pakoda with Indian masala tea.

## DIRECTIONS

- Take a bowl and add gram flour, salt, turmeric powder, red chilli powder, ginger green chilli paste, carom seeds, coriander leaves and add little bit of water gradually to make lumps free medium consistency batter.
- Add baking soda and mix well. Or you can mix it one direction for 1 to 2 minutes to make fluffy batter and keep aside.
- Now take a paneer cube and cut it from the middle keeping other side intact using a knife. Cut all the slices in a similar way.
- Take one slice of paneer and stuff it with green chutney, repeat same process for remaining ones.
- Meanwhile, heat oil in a deep frying pan over medium flame and when the oil is medium hot, dip a stuffed paneer slice in the prepared batter and coat it evenly.
- Place it gently into the hot oil, when top surface turns light golden brown, flip them using a slotted spoon.
- Deep fry them until crispy and light golden brown from both sides, take them out using a slotted spoon.
- Take them out over a paper napkin in a plate to remove excess oil, and sprinkle chaat masala and coriander leaves over the pakodas.
- Chutney Wale Paneer Ke Pakode is ready to serve.

# ABC VEGETABLE SOUP

a monsoon special healthy dish

By Neeta Sharma

From Rajasthan



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Beetroot / Chukandar - 1/2 Chopped
- Sweet corn - 1/2 Cup
- Tomato / Tamatar - 1 Chopped
- Bottle gourd / Lauki - 1 Cup chopped
- Carrot / Gajar - 1 Chopped
- Gooseberry / Amla - 1 Chopped
- Garlic / Lahsun - 4 Cloves
- Water - 1 Cup + As required
- Black pepper powder / Kali mirch - 1/2 tsp
- Salt - As per taste
- Butter - 2 tsp + For garnishing
- Chaat masala - 1/4 tsp
- Fried bread pieces - For garnishing
- tsp = teaspoon
- tbsp = tablespoon

## DIRECTIONS

- Take beetroot, sweet corn, tomato, bottle gourd, carrot, gooseberry, and garlic in a pressure cooker. Add water, black pepper powder, and salt. Then cover the pressure cooker with its lid. Cook it till 4 whistles on medium flame.
- Once cooked well, turn off the flame. Let it cool down. Then open the pressure cooker and remove the seed of the gooseberry.
- Now transfer it to a grinding jar. Grind it for a few seconds then strain it. Then transfer it to the pan and heat it.
- Add little water, butter, and chaat masala. Mix well.
- Bring it to a boil. Turn off the flame. Take it out into a serving bowl and garnish it with butter and fried bread pieces.
- 'ABC Vegetable Soup' is ready to be served.

## TIPS

- The consistency of the soup can be adjusted as per choice.
- Add chaat masala carefully as salt is added earlier while cooking vegetables.

# VEGETABLE PARATHA

a healthy and nutritious dish

By Archana Chakravarthy

From Karnataka



SERVINGS: 1

PREPARATION TIME: 10 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Whole wheat flour / Gehu ka aata - 1 Cup
- White Radish / Mooli - 1 Grated
- Carrot / Gajar - 1 Grated
- Coriander leaves / Hara dhaniya - A handful
- Green peas / Hare matar - 1/2 Cup blanched
- Green chilli / Hari mirchi - 2
- Ginger / Adarak - 1 Inch chopped
- Cumin seeds / Jeera - 1 tsp
- Gram flour / Besan - 1/2 Cup
- Roasted peanuts powder / Mungfali ka powder - 1 tbsp
- Sesame seeds / Til - 1 tbsp
- Salt - As per taste
- Oil - For greasing
- Clarified butter / Ghee - As required for roasting
- tsp = teaspoon
- tbsp = tablespoon

## DIRECTIONS

- Take green peas, ginger, cumin seeds, and green chilli in grinding jar. Coarsely grind them for a few seconds. Keep it aside.
- Take whole wheat flour in a bowl. Add white radish, carrot, coriander leaves, ground green peas mixture, gram flour, roasted peanuts powder, salt, and sesame seeds.
- Now grease your palm with oil and mix well.
- Take a small ball sized dough and make a round shaped big circular peda. Dust it with flour and roll a peda to make a paratha.
- Meanwhile, heat a tawa. Place the paratha on it and cook it on one side. Apply ghee to it. Flip it, once it is slightly brown.
- Apply ghee on both sides and cook on a low flame. Press the paratha while cooking to make it crispy. Once done, transfer it to a serving plate.
- 'Vegetable Paratha' is ready to be served.

## TIPS

- White radish should be added gradually.
- You can add fenugreek leaves to the dough.
- The green peas mixture should be coarsely ground.
- Water should not be used to knead the dough, the dough should be kneaded with grated radish only.
- If you want you can prepare the paratha directly on the tawa.
- Press the paratha while cooking to make it crispy.

[WATCH THE VIDEO RECIPE](#)

[YOUTUBE.COM/ZAYKAKATADKA](https://www.youtube.com/ZAYKAKATADKA)





# Enjoy!

**FOR QUERIES AND SUGGESTIONS PLEASE  
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