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Zayka Ka Tadka

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Unedited
live recipes



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Live from the kitchens of moms of india

Issue : 50





THE SUPER CHEF MOMS OF INDIA



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Mirchi Laccha Paratha

a multilayered spicy dish



By Vijay Haldiya,

Founder

Zayka Ka Tadka

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

Ingredients

- Whole Wheat Dough / Gehu Ka Aata - As required
- Clarified Butter / Ghee - As required
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - As required
- Turmeric Powder / Haldi Powder - As required
- Cumin Seeds / Jeera - As required
- Coriander Leaves / Hara Dhaniya - A handful
- Green Chilli / Hari Mirch - 2 to 3 Finely chopped and seedless

Directions

- Take the medium ball sized medium-soft whole wheat dough and make a round shaped circular peda from the dough. Dust it with flour and roll a peda to make a paratha.
- Apply ghee to it. Now sprinkle salt, turmeric powder, red chilli powder, cumin seeds, and coriander leaves.
- Now make vertical slits on the paratha. Now fold it like a roll. Then twist it and roll it over to make a circle and press it with your hands.
- Now take green chilli on a plate. Put the prepared paratha peda on it and press it. Dust it with flour and roll it to prepare a paratha.
- Meanwhile, heat a tawa. Grease it with ghee. Place the prepared paratha on the tawa. Cook it from one side.
- Flip it once it is slightly brown, add ghee to the paratha and cook it from both sides on a low to medium flame. Press the paratha while cooking it to make it crispy and cook it well.
- Once done, turn off the flame and take it out to the serving plate.
- 'Mirchi Laccha Paratha' is ready to be served with curd and green chilli.

Missi Roti With Cucumber Sabja Raita

a healthy tiffin option



By Shraddha Thakrar A Lovely Mom, From Gujarat

SERVINGS: 1

PREPARATION TIME: 60 MIN

COOKING TIME: 5 MIN

Ingredients

- **FOR PREPARING MISSI ROTI**
- Whole Wheat Flour / Gehu Ka Aata - 1 Cup
- Gram Flour / Besan - 1 Cup
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Salt - As per taste
- Cumin Seeds / Jeera - 1/2 tsp
- Chaat Masala - 1/2 tsp
- Ginger Paste / Adrak Paste - 1/2 tsp
- Clarified Butter / Ghee - As required
- Onion / Pyaz - 1/2 Finely chopped
- Fenugreek Leaves / Hari Methi - A handful finely chopped
- Spinach / Palak - A handful finely chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Water - As required
- **FOR PREPARING CUCUMBER SABJA RAITA**
- Curd / Dahi - 1 Cup whisked
- Salt - As per taste
- Cucumber / Kheera - 1/2 Finely chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Sabja Seeds - 1 tsp
- Water - 1/4 Cup
- Roasted Cumin Seeds Powder / Bhuna Jeera Powder - 1/2 tsp

Tips

- The ratio of whole wheat flour to besan should be 1:1.
- Kasuri methi can be added instead of fenugreek leaves.
- Water should be applied on the missi roti before roasting it, to stick them on tawa and not to be overcooked.
- You can roast the missi roti on tawa only.

Directions

- **FOR PREPARING MISSI ROTI**
- Take whole wheat flour in a mixing bowl. Add besan, turmeric powder, salt, cumin seeds, chaat masala, ginger paste, and 2 tsp of ghee. Mix well.
- Then add onion, fenugreek leaves, spinach, and coriander leaves. Mix well.
- Then add water gradually to prepare medium thick dough. Apply ghee on it and let it rest for 10 minutes.
- Take a big ball sized dough. Dust it with flour. Roll out a roti from it. Cut into a small sized circle with the help of a small lid/bowl. Apply water on all the prepared missi roti.
- Meanwhile, heat a tawa. Place the water side of the prepared missi roti on the tawa. Apply water on the upper sides of all the missi roti. Roast from one side on medium flame.
- Flip it once it is slightly brown. Roast it on high flame. Then roast the roti on the direct flame one by one. Keep turning in a round and roast from both the sides.
- Once done. Take it out on a serving plate. Apply ghee on it.
- **FOR PREPARING CUCUMBER SABJA RAITA**
- Soak sabja seeds in the water for 60 minutes.
- Take curd in a bowl. Add salt, cucumber, coriander leaves, roasted cumin seeds powder, and soaked sabja seeds. Mix well.
- 'Missi Roti With Cucumber Sabja Raita' is ready to be served.

[Watch the video recipe](#)

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Fruit Raita

a healthy and instant dessert



By Alka Sharma, A Lovely Mom, From Rajasthan

SERVINGS: 10

PREPARATION TIME: 10 MIN

COOKING TIME: 0 MIN

Ingredients

- Hung Curd - 1 Cup
- Fresh Cream - 2 Cups
- Saffron / Kesar - 10 to 15 Strands
- Milk - 2 to 3 tbsp
- Powdered Sugar - 2 tbsp
- Grapes / Angoor - 1/2 Cup
- Ripe Mango / Aam - 1 Cup peeled and chopped
- Mix Fruit Cocktail - 1/2 Cup
- Apple / Seb - 1 Peeled and chopped
- Banana / Kela - 1 Peeled and chopped
- Raisins / Kishmish - 1 to 2 tbsp
- Cashews / Kaju - 7 to 8 Halves
- Cardamom Powder / Elaichi Powder - 1/4 tsp
- Cherries - For garnishing

Directions

- Soak saffron in the milk for 10 to 15 minutes. Keep it aside.
- Take hung curd in a mixing bowl. Whisk it well to make it lumps-free.
- Then add fresh cream and mix well. Now add soaked saffron and mix well. Add powdered sugar and mix well.
- Further, add grapes, mango, mix fruit cocktail, apple, and banana. Mix well.
- Now add raisins, cashews, and cardamom powder. Mix well.
- Once done, take it out in a serving bowl and garnish it with cherries.
- 'Fruit Raita' is ready to be served.

Tips

- Hung curd should be added to make a thick texture of fresh cream.
- If you want, you can add honey instead of sugar.
- You can add fruits to the raita as per choice and availability.
- You can store this raita for 2 days in the refrigerator.

Rava Upma

a quick and healthy breakfast



By Chandrakala Rathi, A Lovely Mom, From Karnataka

SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Oil - 2 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Split Black Gram / Urad Dal - 1/2 tsp
- Cashew / Kaju - 3 to 4 Chopped
- Curry Leaves / Curry Patta - A few
- Ginger-Green Chilli Paste / Adarak-Hari Mirchi Paste - 1 tsp
- Onion / Pyaz - 1 Finely chopped
- Raisins / Kishmish - 1 tbsp
- Water - 3 Cups
- Sugar / Chini - 3 tsp
- Lemon Juice / Nimbu Ka Ras - Of 1/2 lemon
- Semolina / Rava - 1 Cup
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Clarified Butter / Ghee - As required
- Nylon Sev - For garnishing
- Cucumber / Kheera - Finely chopped for garnishing
- Tomato / Tamatar - Finely chopped for garnishing

Directions

- Heat oil in a pan. Add mustard seeds, cumin seeds, and urad dal. Mix well.
- Then add cashews and mix well. Roast it for a few seconds on medium flame till it becomes golden brown.
- Now add curry leaves and ginger-green chilli paste. Mix well.
- Further add onion and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Then add raisins and mix well. Now add water and mix well. Add sugar and lemon juice. Mix well. Bring it to a boil.
- Now add rava and mix well for 2 to 3 minutes. Then add coriander leaves and 1 tsp of ghee. Mix well.
- Keep stirring continuously till it leaves the pan. Once done, turn off the flame.
- Grease a bowl with ghee. Add nylon sev and coriander leaves in the center of it. Fill the prepared bowl with upma and slightly press it.
- Now turn the bowl on the serving plate and release the upma on it.
- Garnish it with cucumber, tomato, and coriander leaves.
- 'Rava Upma' is ready to be served.

Tips

- The ratio of water to rava should be 3:1.
- Add sugar and ginger to enhance the taste of upma.
- You can add jaggery powder instead of sugar.
- The rava should be added to the pan only after the water boils.

[Watch the video recipe](#)

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Pudina Mathri

a nice flavorful snack



By Mridula Ameriya, A Lovely Mom, From Rajasthan

SERVINGS: 4

PREPARATION TIME: 10 MIN

COOKING TIME: 5 MIN

Ingredients

- Whole Wheat Flour / Gehu Ka Aata - 1 Cup + As required
- Ground Semolina / Sooji - 1/2 Cup
- Carom Seeds / Ajwain - 1/2 tsp
- Mint Powder / Pudina Powder - 1 tsp
- Sesame Seeds / Till - 1 tsp
- Salt - As per taste
- Oil - 3 tsp + As required + For frying
- Chaat Masala - As required

Tips

- You can add kasuri methi instead of mint powder.
- Check the moyan by binding the flour. If it binds, the moyan is perfect. Else, add more oil.
- Press the edges of the prepared mathri, otherwise it will be opened while frying.
- The mathri should be fried on medium flame to make it crispy.

Directions

- Take whole wheat flour in a mixing bowl. Add ground semolina, carom seeds by rubbing between your palms, pudina powder, sesame seeds, salt, and 3 tsp of oil. Mix well.
- Check the moyan by binding the flour. If it binds, the moyan is perfect. Else, add more oil.
- Now add water gradually to prepare a medium hard consistency dough. Keep it aside and let it rest for 10 to 15 minutes.
- Then knead it well. Take a small ball sized dough. Roll out thin roti from it.
- Apply oil to it. Now sprinkle chaat masala and whole wheat flour on it. Fold it's 1/2 right part till the center and apply oil to it and sprinkle whole wheat flour.
- Then fold it's half left part on the right folded part and apply oil to it and sprinkle whole wheat flour.
- Now fold it again from the center and little press it to make thin. Then cut it into long strips. Press its edges. Likewise, prepare all the mathris from the dough.
- Meanwhile, heat oil for frying. Put the prepared mathris in the hot oil.
- Deep fry it on a medium flame for 3 to 4 minutes until it turns crispy and golden brown from both sides. Then, take them out on a serving plate using a slotted spoon.
- 'Pudina Mathri' is ready to be served.

Onion Tambuli

a popular dish from Udupi cuisine



By Dr. Soumya Holla, A Lovely Mom, From Udupi

SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Coconut Oil / Nariyal Ka Tel - 2 tbsp + As required
- Cumin Seeds / Jeera - 1/2 tsp
- Dry Red Chilli / Sukhi Lal Mirchi - 3
- Onion / Pyaz - 1 Cup chopped
- Fresh Coconut / Fresh Nariyal - 1 Cup grated
- Curd / Dahi - 1 Cup
- Salt - As per taste
- Buttermilk / Chhachh - 2 Cups
- Mustard Seeds / Rai - 1/2 tsp
- Asafoetida / Hing - A pinch
- Curry Leaves / Curry Patta - A few

Tips

- You can add veggies to the tambuli.
- Turn off the flame immediately after adding fresh coconut to the pan otherwise it can be burned.
- If you want to make green tambuli you can add green chilli.
- If you want you can add water instead of buttermilk.
- Serve the tambuli with any hot rice.

Directions

- Heat 2 tbsp of coconut oil in a pan. Add cumin seeds and let it splutter on medium flame. Keep stirring occasionally.
- Then add dry red chilli and mix well. Saute it for a few seconds on medium flame. Keep stirring occasionally.
- Now add onion and mix well. Saute it for 1 to 2 minutes on medium flame until the onion becomes transparent. Keep stirring occasionally.
- Now add fresh coconut and immediately turn off the flame. Mix well. Keep it aside and let it cool down.
- Then transfer it to a grinding jar. Add salt and curd. Grind it for a few seconds. Take it out in a serving bowl. add buttermilk and mix well. Keep it aside.
- Heat 2 tbsp of coconut oil in a tadka pan. Add mustard seeds, asafoetida, and curry leaves. Add the prepared tadka to the prepared tambuli. Mix well.
- 'Onion Tambuli' is ready to be served with hot rice.

Corn Dhokla

a healthy breakfast option



By Shveta Sheth, A Lovely Mom, From Mumbai

SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- Idli / Dosa / Batter - 1 Cup
- Sweet Corn - 1 Cup coarsely ground
- Ginger-Green Chilli Paste / Adrak-Hari Mirchi Paste - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Salt - As per taste
- Fruit Salt - A pinch
- Water - As required
- Red Chilli Powder / Lal Mirch Powder - As required
- Oil - 1 tbsp + For greasing
- Mustard Seeds / Rai - 1/2 tsp
- Sesame Seeds / Til - 1/2 tsp
- Curry Leaves / Curry Patta - A few

Tips

- Small lemon pieces should be added to the boiling water of the dhokla steamer, so the steamer will not turn black.
- Insert a toothpick/knife to check. If it comes out clean then it is perfectly cooked. Else steam it for 2 to 3 minutes more.
- Sooji and curd batter can be used instead of idli/dosa batter.
- Coriander leaves can be added to the tadka.

Directions

- Take idli/dosa batter in a mixing bowl. Add sweet corn, ginger-garlic paste, turmeric powder, and salt. Mix well.
- Meanwhile, boil water in a steamer. Then add fruit salt to the batter and add a few drops of water on it. Mix well.
- Transfer the batter immediately to a greased plate. Sprinkle red chilli powder on it.
- Steam it on a high to medium flame for 10 to 12 minutes. After 10 minutes, insert a toothpick/knife to check. If it comes out clean then it is perfectly cooked. Else steam it for 2 to 3 minutes more.
- Now take it out from the steamer. Keep it aside and let it cool down.
- **FOR PREPARING TADKA**
- Heat oil in a tadka pan. Add mustard seeds, sesame seeds, and curry leaves.
- Pour tadka on the steamed dhokla and cut it. Transfer it to a serving plate. Garnish it with coriander leaves.
- 'Corn Dhokla' is ready to be served.

Chana Dal Paneer Stuffed Paratha

a protein loaded dish



By Shilpi Agarwal, A Lovely Mom, From Rajasthan

SERVINGS: 1

PREPARATION TIME: 125 MIN

COOKING TIME: 10 MIN

Ingredients

- Bengal gram / Chana dal - 1 Cup
- Water - As required
- Cottage cheese / Paneer - 1/2 Cup crumbled
- Coriander Leaves / Hara Dhaniya - A handful
- Cumin Seeds Powder / Jeera Powder - 1 tsp
- Salt - As per taste
- Carom Seeds / Ajwain - 1/2 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Dry Mango Powder / Aamchur - 1/2 tsp
- Chaat Masala - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Ginger Paste / Adrak Paste - 1/4 tsp
- Green Chilli / Hari Mirchi - 1 Finely chopped
- Whole Wheat Dough / Gehu Ka Aata - As required
- Clarified Butter / Ghee - As required

Tips

- Remove the water well from the cooked chana dal.
- You can add spices as per choice and availability.
- You can use boiled and mashed chana dal to prepare the stuffing.
- The leftover boiled chana dal water can be used to knead the dough or you can add it to prepare the sabji.

Directions

- Wash and soak the bengal gram for 2 hours. Then transfer it to a pressure cooker. Add water and cook it on high flame till 2 whistles. Once done, strain the water completely.
- Take it out to a bowl. Add paneer, coriander leaves, cumin seeds powder, salt, carom seeds by rubbing between your palms, all spice mix powder, dry mango powder, chaat masala, red chilli powder, ginger paste, and green chilli. Mix well.
- Take medium soft wheat dough and make two round shaped small circular pedas from the dough. Dust it with flour and roll a peda to make a paratha and keep it aside. Make another paratha.
- Take one paratha and add the prepared chana dal stuffing in the center of it.
- Place the other paratha over it. Carefully seal the paratha's edges by folding it inside. Then dust it with flour and slightly roll it to make a paratha with light hands.
- Meanwhile, heat a tawa. Add 1 to 2 tsp of ghee. Place the paratha on it and cook it on a medium flame. Add a few drops of ghee.
- Flip the paratha and cook it on a medium flame for 3-4 minutes and keep pressing it. Cook it well from both sides by adding ghee to it.
- Once it is done, take it out on a serving plate and cut it into 4 pieces.
- 'Chana Dal Paneer Stuffed Paratha' is ready to be served.

Grilled Aloo Paneer Wrap

delicious snacks



By Monalisa Agarwal, A Lovely Mom, From Kolkata

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Boiled Potato / Uble Hue Aloo - 2 Peeled and mashed
- Cottage Cheese / Paneer - 1 Cup grated
- Onion / Pyaz - 1 Finely chopped
- Capsicum / Shimla Mirch - 1/2 Finely chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Green Chilli / Hari Mirchi - 2 Finely chopped
- Salt - As per taste
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Cooked Roti / Chapati - 1
- Pickle Masala / Achar Masala - As required

Directions

- Take boiled and mashed potato in a mixing bowl. Add paneer, onion, capsicum, coriander leaves, green chilli, salt, all spice mix powder, black pepper powder, and red chilli powder. Mix well.
- Now take cooked roti and apply pickle masala on it. Then add the prepared potato stuffing on the half part of it. Fold it from the middle and press it. Apply butter on both sides of it.
- Then put the prepared wrap in the grill sandwich maker for grilling. Grill it for 1 to 2 minutes.
- Once done, take it out to a serving plate.
- 'Grilled Aloo Paneer Wrap' is ready to be served.

Tips

- Red chilli flakes can be added instead of garam masala.
- Tortilla wrap can be used instead of cooked roti.
- Tomato ketchup can be used instead of pickle.
- You can roast this wrap on tawa instead of a sandwich maker.

Thecha Lachha Paratha

a nice flavorful dish



By Snehal Rathi, A Lovely Mom, From Maharashtra
SERVINGS: 1 PREPARATION TIME: 5 MIN COOKING TIME: 7 MIN

Ingredients

- Oil - 1/2 tsp
- Cumin Seeds / Jeera - 1 tsp
- Curry Leaves / Curry Patta - A few
- Green Chilli / Hari Mirch - 2 to 3 Chopped
- Garlic / Lahsun - 10 to 12 Cloves (optional)
- Roasted Peanuts / Moongfali - 1/4 Cup peeled
- Dry Coconut / Sukha Nariyal - 1/4 Cup grated
- Coriander Leaves / Hara Dhaniya - A handful
- Salt - As per taste
- Whole Wheat Flour / Gehu Ka Aata - As required
- Whole Wheat Dough / Gehu Ka Aata - As required
- Clarified Butter / Ghee - As required
- Sesame Seeds / Til - As required

Tips

- You can adjust the spiciness as per taste.
- Roast the paratha on low to medium flame.
- It is recommended to use ghee to roast the paratha.

Directions

- Heat oil in a pan. Add cumin seeds, curry leaves, green chilli, and garlic. Mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Then add roasted peanuts and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Now add dry coconut and mix well. Saute it for a few seconds on medium flame.
- Add coriander leaves and mix well. Saute it for a few seconds on medium flame.
- Then add salt and mix well. Saute it for 1 to 2 minutes on medium flame till the mixture becomes golden brown.
- Once done, turn off the flame and let it cool down completely.
- Transfer the mixture in the grinding jar. Add a few drops of water and grind it for a few seconds to prepare its thecha. Take it out in a bowl.
- Take the medium soft wheat dough and make a round shaped big circular peda from the dough. Dust it with flour and roll a peda to make a roti.
- Apply ghee on it. Spread the prepared thecha mixture on it. Sprinkle whole wheat flour on it.
- Now make small vertical slits on the roti. Now fold a strip like a roll. Put the first roll into a second strip and fold a strip like a roll. Likewise, roll all strips together.
- Then keep the roll vertically and press it. Dust it with flour and roll a peda to make a paratha. Sprinkle sesame seeds on it and slightly roll it.
- Meanwhile, heat a tawa. Grease it with ghee. Place the prepared 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 low to medium flame. Press the paratha while cooking it to make it crispy.
- Once done. Take it out to the serving plate.
- 'Thecha Lachha Paratha' is ready to be served with curd.

Farali Aloo Bonda

a tasty fasting special fritters



By Neeta Sharma, A Lovely Mom, From Rajasthan

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Water Chestnut Flour / Singhade Ka Aata - 1 Cup
- Water - As required
- Boiled Potato / Aloo - 2 Peeled and mashed
- Rock Salt / Sendha Namak - As per taste
- Black Pepper Powder / Kali Mirch Powder - 1 tsp
- Green Chilli / Hari Mirchi - 2 Finely chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Oil - For frying

Directions

- Take boiled potato in a bowl. Add rock salt, 1/2 tsp of black pepper powder, green chilli, and coriander leaves. Mix well.
- Take a small portion of the aloo mixture on the palm. Prepare a nice round-shaped ball. Likewise, prepare all balls from the mixture. Keep it aside.
- Now take singhade ka aata in a bowl. Add 1/2 tsp of black pepper powder and rock salt.
- Then add water gradually to make a lumps-free medium-thick consistency batter. Whisk it for a few seconds with your hands.
- Heat oil in a pan to fry the bonda. Dip the prepared aloo balls into the batter and coat them evenly. Place it into the hot oil. Fry them on medium flame.
- Deep fry them until they become crispy and golden brown from all sides. Then, take them out on a serving plate using a slotted spoon.
- 'Farali Aloo Bonda' is ready to be served.

Tips

- The singhade batter should be whisk well for a few seconds to prepare crispy vada.
- Kuttu ka aata can be used instead of singhade ka aata.

Sprouts Paneer Tikki Wrap

a quick and easy protein-rich tiffin box



By Neha Agarwal, A Lovely Mom, From Raipur

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

• FOR PREPARING SPROUTS PANEER TIKKI

- Green Gram Sprouts / Mung Bean - 1 Cup
- Onion / Pyaz - 1/2 Chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Mint Leaves / Pudina - A few
- Garlic / Lahsun - 4 to 5 Cloves
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped
- Ginger / Adrak - 1 Inch chopped
- Cottage Cheese / Paneer - 1/2 Cup grated
- Flattened Rice / Poha - 1/2 Cup soaked
- Salt - As per taste
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Chaat Masala - 1/2 tsp
- Sesame Seeds / Til - 1 tsp
- Oil - As required

• FOR PREPARING SPROUTS PANEER TIKKI WRAP

- Half Cooked Chapati - 1 Small sized
- Tomato Ketchup - As required
- Green Chutney / Hari chutney - As required
- Chaat Masala - As required
- Carrot / Gajar - 1/2 Grated
- Onion / Pyaz - 1/2 Sliced + For garnishing
- Beetroot / Chukandar - 1 tbsp Grated + For garnishing
- Cabbage / Patta Gobhi - 1 tbsp Grated

Directions

• FOR PREPARING SPROUTS PANEER TIKKI

- Take sprouts in a grinding jar. Add onion, coriander leaves, mint leaves, garlic, green chilli, and ginger. Coarsely grind it for a few seconds.
- Take it out in a mixing bowl. Add paneer, soaked poha, salt, all spice mix powder, chaat masala, and sesame seeds. Mix well.
- Take a medium ball-sized portion of the mixture. Press it with your hands and prepare a rectangular shaped flattened tikki. Likewise, prepare all tikki.
- Meanwhile, heat a few drops of oil in a pan over medium flame. Place the prepared tikki in a pan. Roast it on a medium flame for 2 to 3 minutes.
- Flip it and roast it from another side on a medium flame for 2 to 3 minutes until they become crispy and golden brown from both sides.
- Once done, turn off the flame and take it out on a plate. Keep it aside.

• FOR PREPARING SPROUTS PANEER TIKKI WRAP

- Take half cooked chapati. Spread tomato ketchup and green chutney on it. Then vertically add a prepared sprouts paneer tikki on it.
- Sprinkle chaat masala on it. Add carrot, onion, beetroot, and cabbage. Then fold its left and right parts. Press it.
- Meanwhile, heat a tawa. Apply oil and add prepared roti wrap. Apply oil on both sides. Roast it from both sides for 3 to 4 minutes till it becomes crispy.
- Once done, take it out on a serving plate and garnish it with beetroot and onion. Sprinkle chaat masala on it.
- 'Sprouts Paneer Tikki Wrap' is ready to be served.

Tips

- Don't add water while grinding the sprouts mixture.
- You can add soaked poha to make soft tikki and bread crumbs to make medium soft tikki.
- You can prepare the tikki in the desired shape.
- Add vegetables as per choice and availability.

Farali Masala Dosa

a fasting special dish



By Ani Setia, A Lovely Mom, From Rajasthan

SERVINGS: 3

PREPARATION TIME: 15 MIN

COOKING TIME: 5 MIN

Ingredients

- Barnyard millet / Sama Rice / Vrat ke chawal - 1 Cup
- Tapioca pearls (sago) powder / Sabudana powder - 1/4 Cup
- Curd / Dahi - 1/4 Cup
- Water - As required
- Coriander leaves / Hara dhaniya - A handful
- Cumin seeds / Jeera - 2 tsp
- Rock salt - As per taste
- Boiled potato / Uble huye aloo - 2 Peeled and mashed

Tips

- Use sour [curd](#) to prepare the dosa batter.
- Grind sabudana in a grinding jar to make its powder.
- The sama mixture should be soaked for at least 15 minutes.
- Aamchur powder can be added to potato stuffing.

Directions

- Take sama rice in a bowl. Add sabudana powder, curd, little water, 1 tsp of cumin seeds, and rock salt. Mix well. Soak it for 15 minutes.
- Then transfer it to the grinding jar. Grind it to make a medium consistency dosa batter.
- Take mashed potato in a bowl. Add rock salt, 1 tsp of cumin seeds, and coriander leaves. Mix well. Keep it aside.
- Heat a tawa. Then keep the flame low. Pour the dosa batter on the tawa and spread it with a light hand to make the dosa. pour some drops of oil on it. Cook it on a medium flame for 2 to 3 minutes.
- Then spread the prepared potato mixture. Once the dosa is cooked well, fold it and transfer it to a serving plate.
- 'Farali Masala Dosa' is ready to be served.

Kheera Upma With Onion Palak Chutney

an effortless and wholesome dish



By Shilpa Joshi, A Lovely Mom, From Hyderabad

SERVINGS: 1

PREPARATION TIME: 3 MIN

COOKING TIME: 3 MIN

Ingredients

• FOR KHEERA UPMA

- Oil - 1 tbsp
- Cumin Seeds / Jeera - 1 tsp
- Mustard Seeds / Rai - 1 tsp
- Chopped Curry leaves / Curry patta - A few
- Bengal Gram / Chana dal - 1 tsp
- Green chilli / Hari mirch - 1 Finely chopped
- Ginger / Adarak - 1 Inch Finely chopped
- Roasted Cashew Nuts / Kaju - As required (Optional)
- Cucumber / Kheera - 1 Cup Finely chopped
- Roasted Semolina / Suji - 1 Cup
- Hot Water / Pani - 3 Cups
- Milk / Doodh - 1/2 Cup
- Lemon Juice / Nimbu Ka Ras - Of 1/2 Lemon
- Salt - As per taste
- Clarified butter / Ghee - 1 tsp

• FOR ONION PALAK CHUTNEY

- Oil - 1 tsp
- Onion / Pyaz - 1 Chopped
- Spinach / Palak - 1 Cup Washed & Chopped
- Garlic Cloves / Lahsun - 2 to 3 (Optional)
- Green Chilli / Hari Mirch - 1 Chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Bengal Gram / Chana dal - 1 tsp
- Cumin Seeds / Jeera - 1 tsp
- Mustard Seeds / Rai - 1 tsp
- Turmeric powder / Haldi powder - 1/2 tsp
- Coriander Seeds Powder / Dhaniya Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Salt - As per taste
- Jaggery / Gud - As required

Directions

• FOR KHEERA UPMA

- Add salt in roasted suji and mix well. Keep it aside.
- Heat oil in pan. Add mustard seeds, cumin seeds, bengal gram, ginger, green chilli and curry leaves. Saute them for 30 seconds
- Now, add kheera and mix well. Cover the pan with lid and cook it for 2 to 3 minutes.
- Then, add hot water and milk and bring it to boil. Add suji mixed with salt. Mix well and add ghee in it. Keep stirring continuously till the mixture leaves the pan and holds the shape. Add lemon juice in it and mix well.
- Once done, take it out in a serving plate and garnish it with cashews.

• FOR ONION PALAK CHUTNEY

- Now take onion, green chilli, garlic, salt, haldi, dhaniya powder, red chilli powder, jaggery and coriander leaves in a grinding jar. Grind it for a few seconds and prepare a mixture. Keep it aside.
- Heat oil in a pan. Add mustard seeds, cumin seeds, bengal gram in it. Now, add palak in it and saute it a while. Add a little salt and mix well. Add prepared mixture in it. Saute it a few minutes.
- Once done, take it out in a serving bowl.
- 'Kheera Upma With Onion Palak Chutney' is ready to be served.

Tips

- You can add tamarind or jaggery in chutney.
- You can add peanuts instead of cashew nuts for garnishing the upma.
- The ratio of water to suji should be 3:1.
- Adjust the consistency of upma as per your choice.

[Watch the video recipe](#)

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

Protein-Rich Paddu

a healthy kid's tiffin option



By Shraddha Thakrar, A Lovely Mom, From Gujarat

SERVINGS: 3

PREPARATION TIME: 430 MIN

COOKING TIME: 8 MIN

Ingredients

- Rice / Chawal - 1 Cup
- Bengal Gram / Chana Dal - 1 Cup
- Flattened Rice / Poha - 1/2 Cup
- White Gram / Urad Dal - 1/2 Cup
- Water - As required
- Salt - As per taste
- Capsicum / Shimla Mirch - 1 tbsp finely chopped
- Onion / Pyaz - 1 tbsp Finely chopped
- Carrot / Gajar - 1/2 Grated
- Coriander Leaves / Hara Dhaniya - A handful
- Fenugreek Leaves / Hari Methi - 1 tbsp Finely chopped
- Curry Leaves / Curry Patta - A few finely chopped
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped
- Oil - As required

Directions

- Take rice, bengal gram, urad dal, and poha in a bowl. Wash and soak them for 6 to 7 hours. Then strain them and transfer it to a grinding jar. Grind it to prepare a medium-thick consistency batter.
- Then take it out in a big bowl. Cover the bowl with a lid and keep it in a warm place for 8 hours or overnight.
- Now add salt, capsicum, onion, carrot, coriander leaves, fenugreek leaves, curry leaves, and green chilli. Mix well.
- Meanwhile, heat the appe pan and add some drops of oil to the appe mould. Pour batter into the appe mould.
- Cover the pan with a lid and cook on a medium flame for 2 to 3 minutes.
- Flip the appe. Cover the pan with a lid and cook it for 2 to 3 minutes from both sides. Once done, take them out to a serving plate.
- 'Protein-Rich Paddu' is ready to be served.

Tips

- You can use any rice to prepare this dish.
- The ratio of rice and chana dal should be 1:1.
- The ratio of poha and urad dal to rice should be 1:2.
- You can add veggies as per choice and availability.

[Watch the video recipe](#)

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

Ghee Podi Idli

a flavorful South-Indian Dish



By Archana Chakravarthy, A Lovely Mom, From Karnataka

SERVINGS: 1

PREPARATION TIME: 500 MIN

COOKING TIME: 20 MIN

Ingredients

- **FOR PREPARING IDLI**
- Rice / Chawal - 3 Cups
- Whole Black Gram Without Skin / Whole Urad Dal Without Skin - 1 Cup
- Flattened Rice / Poha - 2 tbsp
- Dry Fenugreek Seeds / Dana Methi - 1 tsp
- Water - As required
- Oil - As required
- Salt - As per taste
- Baking Soda - 1/2 tsp
- **FOR PREPARING PODI**
- Dry Red Chilli / Sukhi Lal Mirch - 10 to 12
- Oil - 1 tsp
- Bengal Gram / Chana Dal - 1 Cup
- White Gram / Urad Dal - 1 Cup
- Dry Coriander Seeds / Sabut Dhaniya - 1 tbsp
- Sesame Seeds / Til - 1/2 Cup
- Dry Fenugreek Seeds / Methi Dana - 1/2 tsp
- Curry Leaves / Curry Patta - A few
- Asafoetida / Hing - 1/2 tsp
- Salt - As per taste
- Jaggery / Gud - 1/2 tsp (optional)
- Tamarind / Imli - 1 Small piece (optional)
- **FOR PREPARING GHEE PODI IDLI**
- Clarified Butter / Ghee - 2 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- Curry Leaves / Curry Patta - A few
- Asafoetida / Hing - A pinch
- Dry Red Chilli / Sukhi Lal Mirch - 1
- Salt - As per taste

Tips

- You can use normal sized idli also instead of mini idli to prepare this dish by cutting them into 4 pieces.
- If you want, you can use urad dal instead of whole urad without skin.
- The ground idli batter ingredients should mix well with your hands for nice warmth.
- **FOR PODI**
- You can use any type of oil.
- Roast all the ingredients well.
- The ingredients should cool down completely before grinding them.
- Check the chana dal and urad dal by breaking them with your hands, if it breaks easily it indicates that they are well roasted.
- Check the dry red chillies by breaking them, if it breaks easily it indicates that they are well roasted.
- You can store the podi in an airtight container for 1 to 2 months.

Ghee Podi Idli

Directions

- **FOR PREPARING IDLI**

- Wash and soak rice and whole black gram separately for 6 to 8 hours. Add fenugreek seeds and flattened rice to the rice while soaking.
- Then, drain the water and grind the rice and black gram separately using a mixer grinder. Add a little water to make a smooth paste.
- Transfer the ground rice and black gram in a container or a big vessel. Mix well with your hands. Cover the container or vessel with a lid and keep it in a warm place for 8 hours or overnight for fermentation.
- Heat water in an idli steamer. Now add salt and baking soda. Mix well. Grease the mini idli mold with oil. Pour the batter into the prepared idli mold.
- Place the mold in the idli steamer. Cook it on a high flame for 7 to 8 minutes. Insert a knife to check idli. If it comes out clean then it is cooked perfectly. Then take it out on a plate. Keep it aside.

- **FOR PREPARING PODI**

- Roast dry red chilli in a pan for 2 to 3 minutes on medium flame till it becomes crunchy. Keep stirring occasionally. Once done, turn off the flame and let it cool down completely.
- Heat oil in a pan. Add chana dal and roast it for 1 to 2 minutes on medium flame. keep stirring occasionally.
- Then add urad dal and mix well. Roast it for 1 to 2 minutes on medium flame. keep stirring occasionally.
- Now add dry coriander seeds, sesame seeds, dry fenugreek seeds, and tamarind. Mix well. Roast it for 1 to 2 minutes on medium flame. keep stirring occasionally.
- Add curry leaves Mix well. Roast all ingredients till the nice aroma begins to rise and change the color. Check the chana dal and urad dal by breaking them with your hands, if it breaks easily it indicates that they are well roasted.
- Once done, turn off the flame and let it cool down completely.
- Now transfer them to a grinding jar. Add asafoetida, salt, and jaggery. Grind it for a few seconds to prepare its fine powder. Take it out in an airtight glass container.

- **FOR PREPARING GHEE PODI IDLI**

- Heat ghee in a pan. Add mustard seeds, curry leaves, asafoetida, dry red chilli, and prepared idli. Mix well.
- Add salt for idli and mix well. Then add 2 to 3 tbsp of the prepared podi. Mix well.
- Once done, turn off the flame and take it out on a serving plate.
- 'Ghee Podi Idli' is ready to be served.

Stuffed Okra In Pressure Cooker

a quick and easy sabji



By Manju Saraf, A Lovely Mom, From Gurgaon

SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

Ingredients

- Lady Finger / Bhindi - 250 grams
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Salt - As per taste
- Fennel Seeds / Saunf - 1/2 tsp crushed
- Dry Mango powder / Amchur - 1/2 tsp
- Roasted Peanuts Powder / Mungfali Powder - 1 tsp
- Oil - 1 tbsp + 1 tsp

Directions

- Wash and pat dry the bhindi. Cut the bhindi's top and bottom parts. Cut the bhindi into two pieces and make a vertical slit. Likewise, cut all bhindi.
- Take red chilli powder, coriander powder, turmeric powder, salt, crushed fennel seeds, dry mango powder, roasted peanuts powder and 1 tsp of oil. Mix well.
- Stuff the bhindi with the prepared stuffing masala. Likewise, stuff all the bhindi.
- Heat 1 tbsp oil in a pressure cooker. Add the prepared bhindi. Mix well.
- Now cover the pressure cooker with its lid. Cook it on medium flame till 1 whistle. Then turn off the flame immediately after 2 seconds.
- After 10 seconds remove the steam and open the pressure cooker and take it out in a serving bowl.
- 'Stuffed Okra In Pressure Cooker' is ready to be served.

Tips

- The flame should be turned off immediately after the 2 seconds of 1 whistle.
- If require you can saute the bhindi after opening the pressure cooker.
- Cook the bhindi on medium flame.
- Don't add water in the pressure cooker while cooking the bhindi.

Beetroot Quesadilla With Cheesy Stuffing

the ultimate comfort food



By Prachi Agarwal, A Lovely Mom, From Kolkata

SERVINGS: 1

PREPARATION TIME: 7 MIN

COOKING TIME: 5 MIN

Ingredients

• FOR QUESADILLA

- Gram Flour / Besan - 1 Cup
- Beetroot Puree / Chukandar - 4 tbsp
- Salt - As per taste
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp
- Red Chilli Flakes - 1/2 tsp
- Italian Seasoning - 1/2 tsp
- Water - As required

• FOR STUFFING

- Butter - 1 tbsp + As required
- Onion / Pyaz - 1 tbsp Finely chopped
- Carrot / Gajar - 1 tbsp Finely chopped
- Capsicum / Shimla Mirch - 1 tbsp Finely chopped
- Tomato / Tamatar - 1 tbsp Finely chopped
- Cottage Cheese / Paneer - 1 tbsp Finely chopped
- Boiled Corn - 1 tbsp
- Green Chilli / Hari Mirchi - 1 Finely chopped
- Salt - As per taste
- Red Chilli Flakes - 1/2 tsp
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp
- Schezwan Sauce - 2 tsp
- Italian Seasoning - 1/2 tsp
- Mozzarella Cheese - As required
- Veg Mayonnaise - As required
- Green Chutney / Hari Chutney - As required

Directions

- Take gram flour in a bowl. Add beetroot puree, salt, black pepper powder, red chilli flakes and italian seasoning. A little leftover water of boiled beetroot can be added to prepare batter. Then, add little water to make a flowing consistency batter.
- Now, heat 1 tbsp butter in a pan. Add onion, carrot, capsicum, tomato, cottage cheese, salt, red chilli flakes, black pepper powder, Italian seasoning and schezwan sauce. Mix well and cook them for a few minutes. Once cooked, take out the prepared stuffing aside.
- Heat a tawa. Grease it with butter. Pour the batter on the tawa and spread it like a dosa. Cook it on low flame for 2 to 3 minutes. Flip it to cook the other side as well. Once it is cooked from both sides, take it out in a plate.
- Now, apply veg mayonnaise and green chutney on half side. Sprinkle grated cheese on it. Then, add prepared stuffing on it. Fold it and place it on hot tawa.
- Cook it from both sides by applying butter. Once cooked, transfer it to a serving plate and cut it
- 'Beetroot Quesadilla With Cheesy Stuffing' is ready to be served.

Tips

- Add veggies as per choice and availability.
- You can skip green chilli.

[Watch the video recipe](#)

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

The logo is a circular emblem with a white border. Inside the circle, 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 logo is surrounded by a cloud of yellow-orange spices.

Zayka
Ka
Tadka

ENJOY!

**FOR QUERIES AND SUGGESTIONS PLEASE SEND
US AN EMAIL TO
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