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Zayka Ka Tadka

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recipes

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वही बनता है !



Zayka
Ka
Tadka



Live from the kitchens of moms of india





THE SUPER CHEF MOMS OF INDIA



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Malai Paneer – 2 In 1 Recipe

a restaurant style dish



By Vijay Haldiya, Founder, Zayka Ka Tadka

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- **FOR PREPARING PANEER**
- Oil - 2 tbsp
- Cottage Cheese / Paneer - 2 Big slices
- Red Chilli Flakes - As required
- Dry Fenugreek Leaves / Kasuri Methi - As required
- Salt - As per taste
- **FOR PREPARING MALAI PANEER**
- Cumin Seeds / Jeera - 1/2 tsp
- Onion / Pyaz - 1 Finely chopped
- Ginger-Garlic Chilli Paste / Adrak-Lahsun Mirchi Paste - 1 tsp
- Salt - As per taste
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp
- Roasted Cumin Seeds Powder / Bhuna Jeera Powder - 1/2 tsp
- Dry Fenugreek Leaves / Kasuri Methi - 1 tsp
- Green Chilli / Hari Mirchi - 2 to 3 Slitted
- Coriander Leaves / Hara Dhaniya - A handful
- Homemade Malai - 2 tbsp

Tips

- Red chilli powder can be added instead of red chilli flakes.
- Keep the onion crunchy.
- Garlic is optional.
- You can cut the paneer into desired size.

Directions

- **FOR PREPARING PANEER**
- Heat oil in a pan. Add paneer. Sprinkle red chilli powder, dry fenugreek leaves, and salt on it. Roast it for 1 to 2 minutes on high flame till the paneer becomes light golden brown.
- Then flip it. Sprinkle red chilli powder, dry fenugreek leaves, and salt on it. Roast it for 1 to 2 minutes on low flame till the paneer becomes light golden brown.
- Once done, take it out on a plate. Cut it into small pieces.
- **FOR PREPARING MALAI PANEER**
- Add cumin seeds in the same paneer sauteed pan. Add onion and mix well. Saute it for 1 to 2 minutes on high flame till the onion becomes light golden brown. Keep stirring occasionally.
- Then add salt, black pepper powder, roasted cumin seeds powder, dry fenugreek leaves by rubbing between your palms, and green chilli. Mix well. Saute it for 1 to 2 minutes on high flame. Keep stirring occasionally.
- Now add the prepared paneer pieces, homemade malai, and coriander leaves. Mix well.
- Once done, turn off the flame and take it out in a serving bowl.
- 'Malai Paneer - 2 In 1 Recipe' is ready to be served.

Ragda Pattice

a popular street food



By Manju Saraf, A Lovely Mom, From Gurgaon

SERVINGS: 2 - 3

PREPARATION TIME: 490 MIN

COOKING TIME: 15 MIN

Ingredients

- **FOR PREPARING PATTICE**
- Potato / Aloo - 2 Boiled and mashed
- Salt - As per taste
- Red Chilli powder / Lal Mirch Powder - 1/2 tsp
- Ginger-Green Chilli Paste / Adrak-Hari Mirchi Paste - 1/2 tsp
- Roasted Cumin Seeds Powder / Bhuna Jeera Powder - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - A handful
- Rice Flour / Chawal Ka Aata - 2 tsp + As required
- Clarified Butter / Ghee - As required
- **FOR PREPARING RAGDA**
- Mustard Oil / Sarso Ka Tel - 2 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Bay Leaf / Tej Patta - 1
- Tomato Puree / Tamatar Puree - Of 2 tomatoes
- White Peas / Safed Matar - 1 Cup
- Water - As required
- Baking Soda - A pinch

Ingredients

- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Roasted Cumin Seeds Powder / Bhuna Jeera Powder - 1/2 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - A handful
- **FOR SERVING**
- Sweet curd - As required
- Dates-Tamarind Chutney / Khajur Imli Ki Chutney - As required
- Red Chilli Powder / Lal Mirch Powder - As required
- Black salt - As per taste
- Roasted Cumin Seeds Powder / Bhuna Jeera Powder - As required
- Onion / Pyaz - 1/2 Finely chopped (optional)
- Coriander Leaves / Hara Dhaniya - For garnishing
- Nylon Sev / Namkeen Sev - For garnishing
- Pomegranate Seeds / Anardana - For garnishing

Tips

- You can roast the tikki in oil instead of ghee.
- Ginger-green chilli paste can be added to the ragda.
- Green Chutney can be added instead of dates-tamarind chutney.

Ragda Pattice

Directions

- **FOR PREPARING RAGDA**

- Soak white peas overnight by adding baking soda. In the morning, drain out its water. Boil it with water in a pressure cooker till 1 whistle on a high flame. Then keep the flame low and boil it till 1 whistle. Once done, turn off the flame and let it cool down. Keep it aside.
- Heat mustard oil in a pan. Add cumin seeds, asafoetida, bay leaf, and tomato puree. Mix well. Add turmeric powder, red chilli powder, and roasted cumin seeds powder. Mix well.
- Saute it for 2 to 3 minutes on medium flame. Keep stirring occasionally.
- Then add the cooked white peas. Mix well. Add water to adjust the consistency. Mix well. Now add salt and all spice mix powder. Mix well. Boil it for 2 to 3 minutes.
- Once done, add coriander leaves and mix well. Turn off the flame.

- **FOR PREPARING PATTICE**

- Take boiled potato in a mixing bowl. Add salt, red chilli powder, ginger-green chilli paste, roasted cumin seeds powder, coriander leaves. Mix well.
- Then add rice flour and mix well. Now grease your palms with ghee and take a small ball-sized portion of the potato mixture. Press it with your hands and prepare flattened patties. Likewise, prepare all patties.
- Meanwhile, heat a pan over medium flame. Grease it with ghee. Place the patties in a pan. Add ghee and roast it on a low flame for 2 to 3 minutes.
- Roast the patties from one side till it becomes nice golden brown and crispy. Then flip it to roast it from another side. Likewise roast all patties by adding ghee.
- Once done, take it out on a plate. Keep it aside.

- **FOR SERVING**

- Take 2 Pattice on a serving plate. Add the prepared ragda on it. Now add sweet curd, and dates-tamarind chutney. Now sprinkle red chilli powder, black salt, and roasted cumin seeds powder. Add onion on it.
- Garnish it with coriander leaves, namkeen sev, and pomegranate.
- 'Ragda Pattice' is ready to be served.

Garlic Bread Without Cheese

a healthy snack for special occasions



By Tashmin Kaur, A Lovely Mom, From Delhi

SERVINGS: 2

PREPARATION TIME: 15 MIN

COOKING TIME: 8 MIN

Ingredients

- Hung Curd / Chakka Dahi - 1 Cup
- Cottage Cheese / Paneer - 1 Cup diced
- Butter - 2 to 3 tbsp
- Garlic / Lahsun - 3 to 4 Cloves finely chopped
- Parsley - 1/4 tsp + For garnishing
- Oregano - 1/4 tsp
- Red Chilli Flakes - 1/2 tsp + For garnishing
- Oil - As required
- Bread - 3 Slices
- Tricolor Bell Peppers / Shimla Mirch - 1/2 Cup finely chopped
- Tomato / Tamatar - 1/2 Finely chopped
- Onion / Pyaz - 1 Finely chopped
- Black Salt / Kala Namak - As per taste
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp

Tips

- The butter should be at room temperature.
- You can add veggies as per choice and availability.
- Oven temperature and timings may vary as per the size of the oven.

Directions

- Take hung curd in a grinding jar. Add paneer and grind it for a few seconds to prepare its smooth mixture.
- Take it out in a mixing bowl. Add tricolor bell peppers, tomato, onion, black salt, and black pepper powder. Mix well. Keep it aside.
- Take butter in a mixing bowl. Add garlic, parsley, oregano, and red chilli flakes. Mix well.
- Meanwhile, preheat the oven at 160 degrees Celsius for 10 minutes.
- Take bread slices and slightly apply oil on it. Then apply the prepared garlic butter on it.
- Now add the prepared hung curd mixture on it. Garnish it with parsley and red chilli flakes.
- Now put the prepared garlic bread into the oven and set the temperature at 180 degrees Celsius for 7 minutes.
- Once done, turn off the oven and take it out on a serving plate.
- 'Garlic Bread Without Cheese' is ready to be served.

Paneer Bread Roll

a unique and interesting snack



By Shashi Kohli, A Lovely Mom, From Delhi

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

Ingredients

- Boiled Potato / Uble Hue Aloo - 2 to 3 Peeled and mashed
- Paneer / Cottage Cheese - 1 Cup grated
- Onion / Pyaz - 1 Finely chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Green Chilli / Hari Mirch - 2 to 3 Finely chopped
- Carom Seeds / Ajwain - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Salt - As per taste
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Bread - 2 Slices cut into half
- Water - As required
- Oil - For frying

Directions

- Take boiled potato in a mixing bowl. Add paneer, onion, coriander leaves, green chilli, carom seeds, red chilli powder, salt, and all spice mix powder. Mix well.
- Take bread slice's half piece. Now dip it into the water. Then press it between your two palms and remove excess water.
- Now take a ball-sized prepared paneer stuffing on the wet bread. Then fold bread and cover the stuffing with bread to prepare a roll. Likewise, prepare all rolls.
- Now heat oil in a deep frying pan over medium flame, and when the oil is medium hot. Place the prepared paneer bread rolls gently into the hot oil.
- Deep fry them until they become crispy and light golden brown from all sides on a medium flame for 1 to 2 minutes.
- Once done, take them out to a serving plate using a slotted spoon.
- 'Paneer Bread Roll' is ready to be served.

Chhole Stuffed Paratha

a protein rich meal option



By Neeta Sharma, A Lovely Mom, From Rajasthan

SERVINGS: 2

PREPARATION TIME: 485 MIN

COOKING TIME: 10 MIN

Ingredients

- Oil - 2 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Ginger-Green Chilli Paste / Adark-Hari Mirchi Paste - 1/2 tsp
- Asafoetida / Hing - A pinch
- Chickpea / Chhole - 1 Cup
- Water - As required
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder Lal Mirch Powder - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - A handful
- Onion / Pyaz - 1 Finely chopped
- Dry Mango Powder / Amchur - 1 tsp
- Whole Wheat Dough / Gehu Ka Aata - As required
- Clarified Butter / Ghee - As required

Tips

- Spiciness can be adjusted as per taste.
- Black Chickpea (Kala Chana) can be used instead of chhole.
- Garam masala can be added instead of chhole masala.
- If you want, you can saute the onion.
- Capsicum can be added instead of onion.

Directions

- Soak chickpeas overnight. Transfer soaked chickpeas to a pressure cooker. Add water and cook it till 3 to 4 whistles and become soft. Once done, strain chickpeas.
- Heat oil in a pan. Add cumin seeds, ginger-green chilli paste, and asafoetida. Mix well and saute it for a few seconds on medium flame.
- Then add cooked chhole, salt, and turmeric powder. Mix well by mashing the chhole with spatula.
- Now add red chilli powder, chhole masala, and coriander leaves. Mix well by mashing the chhole with spatula.
- Once done, turn off the flame. Add onion and dry mango powder. Mix well. Let it cool down.
- Take the 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.
- Add the prepared chhole stuffing in the center. Join the edges and seal the paratha properly. Dust it with flour and roll it to make a paratha.
- Meanwhile, heat a tawa. Grease it with ghee. Place the prepared paratha on the tawa.
- Flip it once it is slightly brown, add oil 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.
- Once done, take it out to the serving plate.
- 'Chhole Stuffed Paratha' is ready to be served.

Vrat Wale Pakode

a vrat day snack



By Divya Sharma, A Lovely Mom, From Delhi

SERVINGS: 1 - 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- **FOR PAKODA**
- Buckwheat flour / Kuttu ka aata - 3 to 4 tsp
- Black pepper powder / Kali mirch powder - 1 tsp
- Cumin seeds / Jeera - 1 tsp (Optional)
- Green chilli / Hari mirchi - 2 Finely chopped
- Ginger / Adarak - 1 Inch finely chopped
- Boiled Potato / Aloo - 2 Peeled and mashed
- Rock salt / Sendha namak - As per taste
- Coriander leaves / Hara dhaniya - A handful
- Lemon juice / Nimbu ka ras - of 1/2 lemon
- Water - As required
- Oil - For frying
- **FOR HARI CHUTNEY**
- Coriander leaves / Hara dhaniya - A handful
- Mint leaves / Pudina - A handful
- Green chilli / Hari mirchi - 2 chopped
- Black pepper powder / Kali mirch powder - 1 tsp
- Cumin seeds / Jeera - 1 tsp (Optional)
- Curd / Dahi - 2 tsp
- Ginger / Adarak - 1 Inch finely chopped
- Rock salt / Sendha namak - As per taste
- Water - As required

Directions

- **FOR PAKODA**
- Take boiled potato in a bowl. Add buckwheat flour, rock salt, green chilli, ginger, black pepper powder, cumin seeds, coriander leaves and lemon juice. Mix well.
- Now, add water gradually to prepare a medium thick batter.
- Meanwhile, heat oil in a kadai / wok. When the oil is medium hot, Place small ball sized pakoda gently into the hot oil.
- When the top surface turns light golden brown, flip them using a slotted spoon. Deep fry them on medium flame until crispy and light golden brown from all sides, and take them out to a serving plate using a slotted spoon.
- **FOR HARI CHUTNEY**
- Take coriander leaves, mint leaves, green chilli, ginger, black pepper powder, cumin seeds, rock salt and curd in a grinding jar. Add a little water and grind them to a paste. Transfer it to a serving bowl.
- 'Vrat Wale Pakode' is ready to be served with green chutney and curd.

Tips

- You can use oil or ghee for frying.

Moong Dal Makhana Pancakes

delicious tiffin box ideas



By Shveta Sheth, A Lovely Mom, From Mumbai

SERVINGS: 3 - 4

PREPARATION TIME: 250 MIN

COOKING TIME: 8 MIN

Ingredients

- Foxnuts / Makhana - 1 Cup
- Yellow Lentils / Moong Dal - 1 Cup
- Water - As required
- Ginger / Adrak - 1 Inch chopped
- Green Chilli / Hari Mirchi - 2 Chopped
- Carrot / Gajar - 1 Cup grated
- Coriander Leaves / Hara Dhaniya - A handful
- Salt - As per taste
- Turmeric powder / Haldi Powder - 1/4 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Clarified Butter / Ghee - As required

Directions

- Wash and soak moong dal for 3 to 4 hours. Then strain the moong dal and transfer it to a grinding jar. Add green chilli and ginger. Grind it by adding water for a few seconds and prepare a medium thick consistency batter.
- Roast makhana for 2 to 3 minutes on a low flame. Stir it continuously. To check its crispiness, Press it with your fingers, it should break easily with a popcorn-like sound. Once done, turn off the flame and let it cool down. Then transfer it to a grinding jar and grind it for a few seconds to prepare its powder. Keep it aside.
- Take out moong dal batter in a mixing bowl. Add the prepared makhana powder, carrot, coriander leaves, salt, turmeric powder, red chilli powder, and a little water. Mix well to prepare medium thick consistency batter.
- Meanwhile, Heat a pancake tawa. Add some drops of ghee.
- Now fill the mold with the prepared batter. Likewise, fill all molds. add a few drops of ghee. Cook it on a medium flame for 2 to 3 minutes.
- Then flip it and cook it by adding ghee from another side as well. Once cooked, take it out on the serving plate.
- 'Moong Dal Makhana Pancakes' are ready to be served.

Tips

- To check the crispiness of makhana, Press it with your fingers, it should break easily with a popcorn-like sound.
- You can store the makhana powder in an air-tight container.
- You can add the veggies or paneer to the batter as per choice and availability.
- Oats powder or poha powder can be added instead of makhana powder.
- Oil or butter can be used instead of ghee.
- You can prepare these pancakes on any type of tawa.

Dahi Wale Aloo

a nice flavorful side dish



By Shilpi Ji & Shalini Ji, Lovely Moms, From Karnataka

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Curd / Dahi - 1 Cup whisked
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp
- Roasted Cumin Seeds Powder / Jeera Powder - 1 tsp
- Oil - 2 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Garlic / Lahsun - 3 to 4 cloves finely chopped (optional)
- Dry Red Chilli / Sukhi Lal Mirch - 3 to 4
- Curry Leaves / Curry Patta - A few
- Boiled Potato / Uble Hue Aloo - 3 to 4 Peeled and chopped
- Coriander Leaves / Hara Dhaniya - For garnishing
- **FOR MAKHANA MIXTURE**
- Fox Nut / Makhana - 1/4 Cup
- Melon Seeds / Magaj - 1 tbsp
- Almonds Badam - 5 to 6
- Sesame Seeds / Til - 1 tbsp
- Cardamom / Elaichi - 2

Directions

- Take makhana, melon seeds, almonds, sesame seeds, and cardamom in a pan. Roast it for 2 to 3 minutes on medium flame. Keep stirring continuously. Once done, turn off the flame and let it cool down. Then transfer it to a grinding jar and grind it for a few seconds to prepare its powder. Keep it aside.
- Take curd in a mixing bowl. Add salt, red chilli powder, turmeric powder, coriander powder, and roasted cumin seeds powder. Mix well and keep it aside.
- Heat oil in a pan. Add mustard seeds, cumin seeds, garlic, dry red chilli, and curry leaves. Mix well and saute it for a few seconds. Keep stirring continuously.
- Then add boiled potato and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally. Now add salt for potato and mix well.
- Then turn off the flame and add the prepared curd mixture. Mix well and turn on the flame. Keep stirring continuously on low to medium flame till it starts to boil.
- Now add 2 tsp of the prepared makhana mixture and mix well.
- Once done, turn off the flame and take it out in a serving bowl. Garnish it with coriander leaves.
- 'Dahi Wale Aloo' is ready to be served.

Tips

- Spices can be added as per choice.
- Any type of mild flavoured oil can be used to prepare this sabji.
- Turn off the flame before adding curd mixture to the pan otherwise, curd will curdle.
- Keep stirring continuously after adding curd mixture till it starts to boil otherwise, curd will curdle.
- You can add the roasted makhana mixture in any type of sabji.

Instant Sambar Rice In Pressure Cooker

a popular South Indian dish



By Archana Chakravarthy, A Lovely Mom, From Karnataka

SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- Oil - 2 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- Dry Red Chilli / Sukhi Lala Mirch - 2
- Curry Leaves / Curry Patta - A few
- Asafoetida / Hing - A pinch
- Beans - 1/4 Cup chopped
- Carrot / Gajar - 1/2 Chopped
- Radish / Mooli - 1 Chopped
- Tomato / Tamatar - 1 Chopped
- salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Sambar Powder - 1 & 1/2 tsp
- Tamarind Water / Imli Ka Pani - 2 tbsp
- Jaggery / Gud - 1 tsp (optional)
- Rice / Chawal - 1 Cup
- Pigeon Peas / Arhar / Toor Dal - 1/3 Cup
- Water - As required
- Clarified Butter / Ghee - 2 tsp
- Coriander Leaves / Hara Dhaniya - A handful

Directions

- Heat oil in a pressure cooker. Add mustard seeds, dry red chilli, curry leaves, asafoetida, beans, carrot, and radish. Mix well.
- Then add tomato and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Now add salt, turmeric powder, and Sambar Powder. Mix well. Then add tamarind water and mix well.
- Add jaggery and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Now add washed rice and pigeon pea. Mix well. Add 4 Cups of water and 1 tsp of ghee. Mix well. Bring it to boil.
- Cover it with its lid. Cook it till 1 whistle on high flame and 3 whistles on medium flame. Once done, turn off the flame. Let it cool down completely.
- Then open it and mix well. Add coriander leaves and 1 tsp of ghee. Mix well and take it out in a serving plate.
- 'Instant Sambar Rice In Pressure Cooker | One-Pot Meal' is ready to be served.

Tips

- Onion can be added to the sambar.
- The ratio of rice to toor dal should be 3:1.
- Soak the tamarind in the water for 10 minutes then squeeze it to prepare tamarind water.
- You can add tamarind as per taste.
- Veggies can be added as per your choice and availability.
- The ratio of rice to water should be 1:4.
- Consistency can be adjusted as per your choice.

Farali Pattice

a fasting special dish



By Shraddha Thakrar, A Lovely Mom, From Gujarat

SERVINGS: 2

PREPARATION TIME: 10 MIN

COOKING TIME: 5 MIN

Ingredients

- **FOR PATTICE**
- Boiled Potato / Uble Hue Aloo - 2 Peeled and mashed
- Salt - As per taste
- Corn Flour / Arrowroot Flour - 2 tbsp + As required
- Oil - For frying
- **FOR PREPARING STUFFING**
- Roasted Peanuts / Mungfali - 1 Cup ground
- Fresh Coconut / Nariyal - 1 Cup Grated
- Coriander Leaves / Hara Dhaniya - A handful
- Roasted Cashew / Kaju - 6 to 7 Chopped
- Raisins / Kishmish - 1 tbsp
- Salt - As per taste
- Powdered Sugar - 1 tsp
- Green Chilli Paste / Hari Mirchi Paste - 1/2 tsp
- Lemon Juice / Nimbu Ka Ras - 1 tsp

Directions

- **FOR PREPARING STUFFING**
- Take crushed peanuts in a mixing bowl. Add fresh coconut, coriander leaves, cashews, raisin, salt, powdered sugar, green chilli paste, and lemon juice. Mix well.
- **FOR PATTICE**
- Take boiled potato in a mixing bowl. Add salt and 1 tbsp of corn flour / arrowroot flour. Mix well.
- Take a part of the dough mixture and flatten it between your palms. Dust it with some arrowroot flour. Make a small dent in the middle and add some stuffing in it and seal the ends to give it the shape of a ball. Dust it with some arrowroot flour again. Likewise, prepare all pattice.
- Meanwhile, heat oil in a pan. the prepared pattice into the hot oil. Then, deep fry it on a medium flame for 4 to 5 minutes until it becomes golden brown.
- Once done, take it out on a serving plate.
- 'Farali Pattice' id ready to be served.

Tips

- Desiccated coconut powder can be added instead of fresh coconut.
- You can use arrowroot powder if making for fasting; else corn flour can be used.

Bhuna Papad Roll

a delicious and wholesome dish



By Nitu Raheja, A Lovely Mom, From New Delhi

SERVINGS: 1

PREPARATION TIME: 2 MIN

COOKING TIME: 3 MIN

Ingredients

- Whole Wheat Dough / Gehu Ka Aata - As required
- Roasted Papad - 1
- Tomato / Tamatar - 1 Finely chopped
- Onion / Pyaz - 1 Finely chopped
- Green Chutney / Hari Chutney - As required
- Lemon Juice / Nimbu ka Ras - As required (optional)

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 roti..
- Meanwhile, heat a tawa. Place the prepared roti on the tawa. Cook it from both sides.
- Once done. Take it out to the serving plate. Apply green chutney on it. Now add crushed papad, onion and tomato vertically to the centre of the roti. Roll the roti to make complete roll.
- 'Bhuna Papad Roll' is ready to be served.

Tips

- Use any type of papad like urad dal papad, moong dal papad etc.
- You can use leftover roti to prepare this roll.
- You can use readymade roasted papad.

Rajma Tikki

a protein-rich and healthy dish



By Monalisa Agarwal, A Lovely Mom, From Kolkata

SERVINGS: 4

PREPARATION TIME: 490 MIN

COOKING TIME: 5 MIN

Ingredients

- Kidney Beans / Rajma - 1 Cup
- Water - As required
- Salt - As per taste
- Ginger / Adrak - 1 Inch chopped
- Green Chilli / Hari Mirch - 1 to 2 Chopped + 1 to 2 Finely chopped
- Ginger-Garlic Paste / Adrak-Laahsun Ka Paste - 1 tsp
- Beetroot / Chukandar - 1/2 Cup Grated and squeezed
- Raw Mango / Kachhi Keri - 1/2 Cup Peeled and grated
- Sattu Powder - 3 tsp
- Semolina / Sooji - 4 tsp
- Salt - As per taste
- Black Salt / Kala Namak - 1/4 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Cumin Seeds Powder / Jeera Powder - 1 tsp
- Coriander Leaves / Hara Dhaniya - A handful
- Butter - As required
- **FOR SERVING**
- Wheat Bread - 2 Slices
- Butter - As required
- Cheese Slice - 1
- Lettuce leaf - A few chopped
- Tomato Slices / Tamatar Slices - 2
- Cucumber / Kheera - 1/4 Sliced
- Sweet Chutney / Meethi Chutney - As required
- Onion / Pyaz - 1/2 Sliced

Directions

- Soak rajma overnight. Cook it in a pressure cooker with salt, ginger, and green chilli till 2 to 3 whistles on a medium flame. Once done, turn off the flame and let it cool down.
- Take it out in a chopper. Add finely chopped green chilli, ginger-garlic paste, and beetroot. Coarsely chop them for a few seconds.
- Now add raw mango, sattu powder, sooji, salt, black salt, red chilli powder, cumin seeds powder, and coriander leaves. Coarsely chop them again for a few seconds.
- Then mix it well with your hands. Take a big ball-sized portion of the mixture. Press it with your hands and prepare flattened tikki. Likewise, prepare all tikki.
- Grease the sandwich maker with butter and put the prepared tikki into it.
- Toast it for 5 to 7 minutes till it becomes light golden and crisp. Once done, take it out to a serving plate.
- 'Rajma Tikki' is ready to be served.
- **SERVING SUGGESTION**
- Take bread slices and apply butter on it. Put a cheese slice on a bread slice. Then arrange lettuce leaf, tomato slices, and cucumber slices.
- Now add sweet chutney on it. Put the prepared rajma tikki on it.
- Arrange onion slices and lettuce leaf on it. Cover it with another bread slice. If you want, you can roast it on tawa.
- Rajma Bread Burger is ready to be served.

Tips

- Garlic is optional.
- You can roast the tikki on tawa, or fry it in an air fryer or bake it in the oven.
- If you want, you can shallow fry or deep fry the tikki.
- Tomato ketchup can be added instead of sweet chutney.

Mix Veg Paneer Rice

a nutritious tiffin box idea



By Shveta Sheth, A Lovely Mom, From Mumbai

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Oil - 2 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Curry Leaves / Curry Patta - A few
- Green Chilli / Hari Mirchi - 1 Slited
- Onion / Pyaz - 1/2 Finely chopped
- Capsicum / Shimla Mirch - 1/2 Finely chopped
- Carrot / Gajar - 1/2 Finely chopped
- Beans - 1/4 Cup finely chopped
- Green Peas / Hare Matar - 1/4 Cup parboiled
- Salt - As per taste
- Cottage Cheese / Paneer - 1/2 Cup cut into small pieces
- Tomato Puree - Of 1 tomato
- Red Chilli Powder / Lal Mirchi Powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Cooked Rice / Pake Hue Chawal - 2 Cups
- Lemon Juice / Nimbu Ka Ras - Of 1/2 lemon

Directions

- Heat oil in a pan. Add cumin seeds, curry leaves, green chilli, onion, capsicum, carrot, beans, and green peas. Mix well.
- Add salt and mix well. Cover the pan with a lid and cook it for 2 to 3 minutes on high flame. Keep stirring occasionally.
- Then add paneer and mix well. Add tomato puree. Mix well.
- Now add turmeric powder, red chilli powder, coriander powder, all spice mix powder, salt, and coriander leaves. Mix well.
- Cover the pan with a lid and cook it for 2 to 3 minutes on high flame till the water evaporates and becomes dry. Keep stirring occasionally.
- Now add cooked rice and mix well with light hands.
- Once done, turn off the flame and add lemon juice. Take it out in a serving bowl. Garnish it with coriander leaves.
- 'Mix Veg Paneer Rice' is ready to be served.

Tips

- Butter or ghee can be used instead of oil.
- The veggies should be finely chopped to cook it fast.
- Veggies or corn can be added as per choice and availability.
- You can add boiled chhole, soya vadi, or rajma instead of paneer.

Instant Chilli Set Dosa

a quick and easy dish



By Vijay Haldiya,

Founder,

Zayka Ka Tadka

SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Semolina / Sooji / Rava - 1 Cup
- Flattened Rice / Poha - 1/2 Cup
- Curd / Dahi - 1/2 Cup
- Ginger / Adrak - 1 Inch chopped
- Dry Red Chilli / Sukhi Lal Mirch - 4 to 5
- Water - As required
- Salt - As per taste
- Fruit Salt - 1 tsp
- Oil - As required
- Carrot / Gajar - 1/2 grated
- Onion / Pyaz - 1 Finely chopped
- Coriander leaves / Hara Dhaniya - For garnishing

Directions

- Wash the poha in the sieve. Then rinse the water.
- Take sooji in a grinding jar. Add washed poha, curd, ginger, dry red chillies, and little water. Grind it for a few seconds to prepare medium thick flowing consistency batter.
- Take it out in a mixing bowl. Add salt and fruit salt. Mix well.
- Heat a tawa. Apply oil to it. Then pour a ladleful of set dosa batter and spread it to make a thick dosa.
- Cover the pan with a lid and cook it for 2 to 3 minutes on medium flame.
- Then flip it to cook from another side as well. Add carrot and onion on it. Garnish it with coriander leaves on it. Press it.
- Once done, take it out to a serving plate.
- 'Instant Chilli Set Dosa' is ready to be served with coconut chutney and ketchup.

Tips

- The batter should be medium thick with flowing consistency.
- You can add veggies in the batter as well.
- The set dosa should be slightly cooked from another side.
- If you want, you can sprinkle chaat masala on the set dosa.

Stuffed Shimla Mirch Pakode

special tasty fritters



By Neeta Sharma, A Lovely Mom, From Rajasthan

SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- **FOR PREPARING BESAN BATTER**
- Gram Flour / Besan - 1 Cup
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Asafoetida / Hing - A pinch
- Carom Seeds / Ajwain - 1/2 tsp
- Water - As required
- **FOR PREPARING ALOO STUFFING**
- Boiled Potato / Uble Hue Aloo - 2 Peeled
- Dry Mango Powder / Amchur - 1/2 tsp
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - A handful
- **FOR PREPARING MIRCHI PAKODA**
- Capsicum / Shimla Mirch - 1
- Oil - For frying

Directions

- **FOR PREPARING BESAN BATTER**
- Take besan in a mixing bowl. Add salt, turmeric powder, red chilli powder, asafoetida, and carom seeds by rubbing between your palms. Mix well.
- Add water gradually to prepare a lump-free and medium thin consistency batter.
- **FOR PREPARING ALOO STUFFING**
- Take boiled potato in a mixing bowl. Add dry mango powder, salt, red chilli powder, all spice mix powder, and coriander leaves. Mix well.
- **FOR PREPARING MIRCHI PAKODA**
- Take capsicum and cut it into thick slices. Now stuffed its inside part with the prepared aloo stuffing and press it well.
- Meanwhile, heat the oil in a pan. Now, dip the prepared mirchi into the prepared gram flour batter and coat it well from all sides.
- Place the prepared mirchi into the hot oil. Fry them on medium flame.
- Once its top surface turns light golden brown, flip it using a slotted spoon.
- Deep fry them until crispy and light golden brown from both sides. Once done, take them out to a serving plate.
- 'Stuffed Shimla Mirch Pakode' are ready to be served.

Desi Biotin Bites

an easy and filling snack



By Monali Patel, A Lovely Mom, From Gujarat

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- Dates / Khajoor - 1 Cup Seedless
- Pumpkin Seeds + Sunflower Seeds - 1 Cup Roasted
- Peanuts / Mungfali - 1 Cup Roasted
- Almonds / Badam - 1 Cup Roasted

Directions

- Add dates, pumpkin seeds, sunflower seeds, peanuts and almonds in a mixing bowl.
- Transfer them in a mixer jar and grind them for a few minutes to prepare a coarse mixture.
- Now, transfer the mixture in a bowl. Mix it well with the hands. Take a small, ball-sized part of the laddoo mixture, roll it between your palms and make a round shaped laddoo.
- Likewise, prepare all the laddoos. Take it out to a serving plate.
- 'Desi Biotin Bites' is ready to be served.



ENJOY!

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