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Zayka Ka Tadka

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Unedited
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



IN THIS EDITION



**1) Eggless Suji
Cake In Appe Pan
-4**

**2) Fusion Paratha
-5**

**3) Mogar Pyaz Ki
Sabji -6**

4) Stuffed Okra -7

5) Upma Premix -8

**6) Sweet Corn
Sundal -9**

**7) Tutti Fruitti
Cake -10**

**8) Leftover Dal
Korma Paratha -11**

**9) Dates And Dry
Fruits Laddu -12**

**10) Eggless
Christmas Plum
Cake -13**

**11) Restaurant
Style Soya Chunks
Curry -14**

**12) Eggless
Chocolate
Cupcakes -15**

**13) Tomato Corn
Rice -16**

**14) Open Aloo
Tadka Toast - 17**

**14) Mix
Vegetable Cutlet
-18**

**15) Eggless Aata
Cake Without
Oven -19**



Eggless Suji Cake In Appe Pan

the ultimate party food



By Vijay Haldiya, Founder, Zayka Ka Tadka

SERVINGS: 3 - 4

PREPARATION TIME: 5 MIN

COOKING TIME: 25 MIN

Ingredients

- Semolina / Suji / Rava - 1 Cup
- Oil - 1/4 Cup
- Sugar - 1/2 Cup
- Curd / Dahi - 1/2 Cup
- All Purpose Flour / Maida - 1/4 Cup
- Milk - 1/2 Cup
- Salt - A pinch
- Baking Soda - 1/4 tsp
- Baking Powder - 1 tsp
- Vanilla Essence - 1/4 tsp

Directions

- Take oil in a mixing bowl. Add sugar and curd. Mix well with hand whisker.
- Then add suji, maida, and milk. Mix well with hand whisker. Now add salt and mix well.
- Take a tawa and put the appe pan on it. Heat them on low flame. Cover it with a lid. Now add baking soda and baking powder to the batter. Mix well.
- Now add vanilla essence and mix well. Now pour cake batter into the appe mould. Fill the appe mould 3/4 with the cake batter.
- Cover the pan with a lid and cook on a low flame for 20 to 25 minutes.
- Once done, take them out to a serving plate.
- 'Eggless Suji Cake In Appe Pan' is ready to be served.

Tips

- Sweetness can be adjusted as per taste.
- If fine semolina is not available, then grind the coarse semolina to make it fine.
- You can add whole wheat flour instead of maida.
- If you want, you can rest the batter for 10 minutes.
- Baking powder and baking soda should be added just before baking.
- The tawa should be heated on low flame.
- Fill the appe mould 3/4 with the cake batter.

Fusion Paratha

a delicious meal option



By Priti Tayal, A Lovely Mom, From Delhi

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

Ingredients

- Whole Wheat Dough / Gehu Ka Aata - As required
- Momos Chutney / Chutney - As required
- Namkeen Sev / Bhujia - As required
- Coriander Leaves / Hara Dhaniya - A handful
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped
- Oil - As required

Tips

- You can use any type of chutney instead of momos chutney.

Directions

- 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.
- Apply momos chutney on it. Then spread namkeen sev, coriander leaves, and green chilli on it.
- Now fold it into half twice to form a triangle shape. Dust it with flour and roll a peda to make a paratha.
- Meanwhile, heat a tawa. Place the prepared paratha on the tawa. Cook on one side.
- Flip it once it is slightly brown, apply oil 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.
- 'Fusion Paratha' is ready to be served.

Mogar Pyaz Ki Sabji

a protein-rich side dish



By Anita Sharma,

A Lovely Mom,

From Rajasthan

SERVINGS: 2 - 3

PREPARATION TIME: 65 MIN

COOKING TIME: 10 MIN

Ingredients

- Oil - 2 to 3 tbsp
- Yellow Lentils / Pili Moong Dal - 1 Cup
- Water - As required
- Cumin Seeds / Jeera - 1/2 tsp
- Onion / Pyaz - 1 Finely chopped
- Salt - As per taste
- Red Chilli Powder / Lal Mirch powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - A handful
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped

Directions

- Soak moong dal in the water for 30 to 60 minutes. Keep it aside. Then strain it.
- Heat oil in a pan. Add cumin seeds and onion. Mix well.
- Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Then add soaked moong dal and mix well. Add salt, turmeric powder, and red chilli powder. Mix well. Add water till the moong dal completely submerged in it.
- Cover the pan with a lid and cook on a low flame for 3 to 4 minutes till the water evaporate and the oil separate.
- Then add green chilli and coriander leaves. Once done, turn off the flame and take it out in a serving bowl.
- 'Mogar Pyaz Ki Sabji' is ready to be served.

Tips

- If you want, you can add asafoetida to the tadka.
- The water should be added to the moong dal till they are completely submerged in it.

Stuffed Okra

an easy and flavorful sabji



By Renu Maheshwari, A Lovely Mom, From Mathura

SERVINGS: 3 - 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- Lady Finger / Bhindi - 250 grams
- Oil - 2 to 3 tbsp
- Carom Seeds / Ajwain - 1/2 tsp
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Gram Flour / Besan - 2 to 3 tbsp
- Fennel Seeds / Saunf - 1 tbsp crushed
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp
- Dry Mango Powder / Amchur - 1/2 tsp

Directions

- Now cut the head and tail of bhindi and slit in the centre. Likewise, cut all the bhindi.
- Heat oil in a pan. Add carom seeds by rubbing between your palms and bhindi. Mix well. Add salt and turmeric powder. Mix well.
- Cover the pan and cook it for 2 to 3 minutes on medium flame. Keep stirring occasionally.
- When the bhindi is half cooked, add besan and mix well. Cover the pan and cook it for 4 to 5 minutes on medium flame. Keep stirring occasionally.
- Now add fennel seeds, red chilli powder, coriander powder, and dry mango powder. Mix well.
- Saute it for 2 to 3 minutes on medium flame. Keep stirring occasionally.
- Once done, turn off the flame. Take it out in a serving bowl.
- 'Stuffed Okra' is ready to be served.

Upma Premix

a tasty snack option



By Seema Chhajer, A Lovely Mom, From Rajasthan

SERVINGS: 1 - 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Oil - 1 tbsp
- Cumin Seeds / Jeera - 1/4 tsp
- Mustard Seeds / Rai - 1/4 tsp
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped
- White Gram / Urad Dal - 1/2 tsp
- Cashew / Kaju - 3 tbsp Chopped
- Raisins / Kishmish - 1 to 2 tbsp
- Semolina / Rava / Sooji - 1 Cup
- Salt - As per taste
- Hot water - As required

Directions

- Heat oil in a pan. Add cumin seeds, mustard seeds, and green chilli. Mix well.
- Saute it for 1 to 2 minutes on low flame till the water of the chilli evaporates. Keep stirring occasionally.
- Then add urad dal and mix well. Saute it for 1 to 2 minutes on low flame. Keep stirring occasionally. Add cashews and raisins. Mix well.
- Now add semolina and mix well. Roast it well for 1 to 2 minutes on low flame. Then add salt and mix well.
- Once done, turn off the flame and let it cool down. Then store it in an airtight container/ ziploc bag.
- Take 1/4 Cup of the prepared upma premix in the bowl. Add 1/2 Cup of hot water and mix well.
- Now close the lid and let it rest for 5 minutes. Then open and serve.
- 'Upma Premix' is ready to be used.

Tips

- Cashew and raisins are optional, you can add peanuts as well instead of them.
- You can store this upma premix in an airtight container / ziploc bag for 15 days.
- The ratio of water to premix should be 2:1.

Sweet Corn Sundal

a traditional dish of South India



By Lalitha Priyadarshini, A Lovely Mom, From Madurai

SERVINGS: 1 - 2

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

Ingredients

- Oil - 2 tsp
- Mustard Seeds / Rai - 1/2 tsp
- Black Gram / Urad Dal - 1/2 tsp
- Curry Leaves / Curry Patta - A few
- Green Chilli / Hari Mirchi - 1
- Sweet Corn Kernels - 1 Cup Boiled
- Salt - As per taste
- Coriander Leaves / Hara Dhaniya - A handful
- Carrot / Gajar - 2 to 3 tbsp grated
- Desiccated Coconut Powder / Nariyal Ka Burada - 2 tsp
- Raw Mango / Kachcha Aam - 2 to 3 tbsp grated

Tips

- Raw mango is optional.

Directions

- Heat oil in a pan. Add mustard seeds and urad dal. Saute it for a few seconds on medium flame.
- Then add curry leaves and green chilli. Saute it for a few seconds on medium flame.
- Now add boiled sweet corn and mix well. Add salt and mix well.
- Further, add coriander leaves, carrot, desiccated coconut powder, and raw mango. Mix well.
- Once done, turn off the flame and take it out in a serving bowl.
- 'Sweet Corn Sundal' is ready to be served.

Tutti Fruitti Cake

a nice colorful treat



By Shveta Sheth, A Lovely Mom, From Mumbai

SERVINGS: 6 - 8

PREPARATION TIME: 5 MIN

COOKING TIME: 65 MIN

Ingredients

- Semolina / Sooji / Rava - 1 Cup ground
- Tutti frutti - 2 tsp + For garnishing
- All purpose flour / Maida - 1/2 Cup + 1 tsp
- Powdered sugar / Pisi hui shakkar - 3/4 Cup
- Salt - A pinch
- Curd / Dahi - 3/4 Cup whisked
- Oil - 1/4 Cup
- Vanilla essence - 1 tsp
- Water - As required
- Baking powder - 1 tsp
- Baking Soda - 1/2 Tsp
- Oil - For greasing

Directions

- Take semolina in a bowl. Add maida, and powdered sugar. Mix well. Then add salt, curd, oil, vanilla essence, and little water. Mix well to prepare a ribbon consistency batter.
- Meanwhile, take a heavy bottom pan. Put a big heightened ring in the pan. Now cover that pan with its lid/big bowl.
- Then heat the prepared heavy bottom pan for 10 minutes on low flame.
- Now add baking powder and baking soda to the batter. Mix well.
- Take tutti frutti and 1 tsp of maida in a bowl. Mix well and add it to the prepared cake batter.
- Take a cake tin and place the butter paper in it. Grease it with oil and immediately pour the batter and tap it.
- Garnish it with tutti frutti. Now put the cake tin on the ring of the preheated pan. Bake it for 45 minutes on a low flame.
- After 45 minutes, check the cake by inserting a toothpick. If it comes out clean then the cake is ready. Take it out and keep it aside. Let it cool down. Then release its edges from the cake tin using a knife.
- Then place a grill or wire rack over it and flip the cake tin and tap it to take out the cake on a grill or wire rack. Remove the butter paper.
- Then place a plate over it and flip the wire rack and take out the cake onto the serving plate.
- 'Tutti Fruitti Cake' is ready to be served.

Tips

- Whole wheat flour can be added instead of maida. The [curd](#) should be at room temperature.
- Any type of odorless vegetable oil can be used to make the cake.
- The consistency of the batter should be ribbon consistency.
- If you want, you can rest the batter for 15 minutes. Use a heavy bottom pan to prepare this cake.
- Check the cake by inserting a toothpick. If it comes out clean then the cake is ready.
- Dust the tutti frutti with maida or whole wheat flour to prevent it from sinking.
- Fill 1/2 portion of cake tin with batter because after baking the cake will rise.
- Don't open the lid while the cake is baking.
- **FOR MAKING CAKE IN OTG**
- Preheat OTG at 180 degrees Celsius for 10 minutes.
- Bake the cake at 180 degrees Celsius for 35 minutes.

Leftover Dal Korma Paratha

a protein-rich unique dish



By Neena Mathur, A Lovely Mom, From Rajasthan

SERVINGS: 1 - 2

PREPARATION TIME: 480 MIN

COOKING TIME: 3 MIN

Ingredients

- Leftover Dal / Bachi Hui Dal - 1 Cup
- Split Green Gram / Hari Moong Dal - 1/2 Cup ground
- Whole Wheat Flour / Gehu Ka Aata - As required
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Oil - As required

Directions

- Soak the ground moong dal in the leftover cooked dal overnight.
- Take it out in a mixing bowl. Add whole wheat flour, red chilli powder, cumin seeds. Knead the dough by mixing them. If required add water.
- 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.
- Meanwhile, heat a tawa. Place the prepared paratha on the tawa. Cook it from one side.
- 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 and cook it well.
- Once done, take it out to the serving plate.
- 'Leftover Dal Korma Paratha' is ready to be served.

Tips

- Water should be added to knead the dough if required.

Dates And Dry Fruits Laddu

a sugar-free special dessert



By Shraddha Thakrar, A Lovely Mom, From Gujarat

SERVINGS: 5 - 6

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Clarified Butter / Ghee - As required
- Dates / Khajoor - 200 Gms Seedless and ground
- Almonds / Badam - 2 tbsp finely chopped
- Cashew / Kaju - 2 tbsp finely chopped
- Pumpkin Seeds - 2 tbsp
- Sunflower Seeds - 2 tbsp
- Watermelon Seeds / Magaz Seeds - 2 tbsp
- Muskmelon Seeds - 2 tbsp
- Honey / Shahad - 1/4 tsp

Directions

- Heat 1/2 tsp of ghee in a pan. Add almonds, cashews, pumpkin seeds, sunflower seeds, watermelon seeds, and muskmelon seeds. Roast them for 2 to 3 minutes on medium flame. Take 1 to 2 tbsp of the mixture in a mixing bowl and add honey. Mix well. Keep it aside.
- Heat 1 tsp of ghee in a pan. Add dates and roast it for 2 to 3 minutes on medium flame. Keep stirring occasionally.
- Roast it until it turns soft. Once done, turn off the flame and take it out on a plate. Spread it and slightly let it cool down.
- Now add roasted almonds, cashews, pumpkin seeds, sunflower seeds, watermelon seeds, and muskmelon seeds. Mix well.
- Take a small ball-sized part of the laddu mixture, roll it between your palms and make a round shaped laddu. Garnish it with honey added dry fruit mixture.
- Likewise prepare all the ladoos. Take it out on a serving plate.
- 'Dates And Dry Fruits Laddu' is ready to be served.

Tips

- Any type of dry fruits and seeds can be added as per choice and availability.

Eggless Christmas Plum Cake

a Christmas special dessert



By Vijay Haldiya, Founder, Zayka Ka Tadka

SERVINGS: 8

PREPARATION TIME: 40 MIN

COOKING TIME: 50 MIN

Ingredients

- **FOR PREPARING FRUIT CAKE**
- All purpose flour / Maida - 1 & 1/2 Cups
- Cocoa powder - 2 tsp
- Cinnamon powder / Dalchini powder - 1/4 tsp
- Dry ginger powder/ Sonth powder - 1/4 tsp
- Cloves powder / Laung powder - 1/4 tsp
- Brown sugar - 1/2 Cup
- Milk - 1/2 Cup
- Curd / Dahi - 1/2 Cup
- Honey / Shahad - 1/4 Cup
- Oil - 1/4 Cup + For greasing
- Salt - A pinch
- Baking soda - 1/2 tsp
- Baking powder - 1 tsp
- **FOR SOAKING DRY FRUITS**
- Dry fruits, tutti frutti, and raisins (black and brown) - 1 Cup finely chopped
- Orange juice - 1 Cup

Directions

- **FOR SOAKING DRY FRUITS**
- Take dry fruits, tutti frutti, and raisins in a bowl. Add orange juice and mix well. Soak them for 30 minutes.
- **FOR PREPARING FRUIT CAKE**
- Take a bowl. Put a sieve on it. Take all purpose flour, cocoa powder, cinnamon powder, dry ginger powder, cloves powder, and brown sugar. Sieve them and mix well.
- Now add milk, curd, honey, and oil. Mix well. Now add salt, and soaked dry fruits. Mix well and prepare medium thick consistency batter.
- Meanwhile, preheat the OTG to 180 degrees celsius for 10 minutes.
- Now add baking soda and baking powder.
- Take a cake tin and grease it with oil. Place the butter paper and grease it with the oil. Pour the batter into it. Tap it.
- Now place the cake tin in OTG and set the temperature at 160 degrees Celsius for 50 minutes.
- After 50 minutes, take out the cake tin and check the cake by placing the knife in the center of the cake. If the cake does not stick to the knife, that means the cake is baked properly.
- Now, allow it to cool down. Demould the cake, remove the butter paper and cut it.
- 'Eggless Christmas Plum Cake' is ready to be served.

Tips

- The ratio of brown sugar to all purpose flour should be 1:3.
- Use room-temperature milk.
- Add baking powder and baking soda just before baking the cake.
- The cake should be bake on low temperature otherwise the dry fruits might be burned.
- Check the cake by placing the knife in the center of the cake. If the cake does not stick to the knife, that means the cake is baked properly.

Restaurant Style Soya Chunks Curry

a special protein-rich delicious dish



By Ritu Jangid, A Lovely Mom, From Bihar

SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Oil - 1 tbsp
- Butter - 1 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Onion / Pyaz - 1 Finely chopped
- Ginger-Garlic Paste / Adrak-Lahsun Paste - 1 tsp
- Capsicum / Shimla Mirch - 1/2 Finely chopped
- Carrot / Gajar - 1/2 Grated
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp
- Salt - As per taste
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Tomato / Tamatar - 1 Grated
- Soya Chunks / Soya Vadi (small and big sized) - 1 Cup ground
- Water - As required
- Homemade Malai - 2 tbsp
- Tomato Ketchup - 2 tbsp
- Soy Sauce - 1 tsp
- Cottage Cheese / Paneer - 1 Cup diced

Tips

- You can add veggies as per choice and availability.
- You can add small and big sized soya chunks to the sabji.

Directions

- Boil water in a pan. Add salt and ground soya chunks. Mix well. Boil it for 3 to 4 minutes on medium flame till it becomes soft. Keep stirring occasionally.
- Once done, turn off the flame and strain it. Then squeeze out its water using your hands. Keep it aside.
- Heat oil and butter in a pan. Add cumin seeds and onion. Mix well.
- Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Then add ginger-garlic paste and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Now add capsicum and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Further, add carrot and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Then add turmeric powder, red chilli powder, coriander powder, salt, and all spice mix powder. Mix well.
- Add grated tomato and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Now add homemade malai and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Then add boiled soya chunks and mix well. Then add tomato ketchup and soy sauce. Mix well. Saute it for 1 to 2 minutes on medium flame till the oil separates. Keep stirring occasionally.
- Now add paneer and mix well. Once done, turn off the flame and take it out in a serving bowl.
- 'Restaurant Style Soya Chunks Curry' is ready to be served.

Eggless Chocolate Cupcakes

a popular party special dessert



By Ani Setia, A Lovely Mom, From Rajasthan

SERVINGS: 6

PREPARATION TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

- Oil - 1/3 Cup
- Curd / Dahi - 1/2 Cup
- Vanilla Essence - 1 tsp
- Powdered Sugar / Pisi Hui Chini - 1/2 Cup
- Whole Wheat Flour / Gehu Ka Aata - 3/4 Cup
- Cocoa Powder - 3 tbsp
- Baking Powder - 1/2 tsp
- Baking Soda - 1/4 tsp
- Water - 1/3 Cup
- Chocolate - As required chopped

Directions

- Take oil in a mixing bowl. Add curd, vanilla essence, and powdered sugar. Mix well.
- Put a sieve on the bowl. Then add whole wheat flour, cocoa powder, baking powder, and baking soda. Sieve them.
- Mix well with a spatula using the cut and fold method (Cut the batter from center then fold from the sides to mix) to prepare the medium thick consistency batter.
- Add water gradually and make medium thick consistency batter.
- Meanwhile, preheat the oven at 170 degrees celsius for 10 minutes.
- Pour the batter into 2/3 of the cupcake liners and tap them. Add chocolate on it.
- Put the prepared cupcakes in the preheated oven and bake it at 170 degrees celsius for 18 to 20 minutes.
- After 20 minutes, check the cake by inserting a toothpick in the center part of the cake. If it comes out clean then the cake is ready.
- Once done, take it out and keep it aside. Let it cool down.
- 'Eggless Chocolate Cupcakes' is ready to be served.

Tips

- The ratio of sugar and curd should be 1:1.
- Dry ingredients should be added by sieving them to make lumps-free batter.
- Milk or water can be added to adjust the consistency of the batter.
- Water should be added gradually to prepare medium thick consistency batter.
- The cake batter should be medium thick consistency.
- If the batter becomes thin, the cake will shrink.
- After 20 minutes, check the cake by inserting a toothpick in the center part of the cake. If it comes out clean, then the cake is ready.
- **FOR PREPARING CUPCAKES IN A PAN**
- Take a heavy bottom pan. Put a big, heightened ring/bowl. Then put a plate on it.
- Now heat the prepared heavy bottom pan for 10 minutes on low flame.
- Now arrange all the cupcakes on it. Then cover that pan with a deep big bowl. Bake the cupcakes for 25 minutes on low flame.

Tomato Corn Rice

a nutritious tiffin box idea



By Archana Chakravarthy,

A Lovely Mom,

From Karnataka

SERVINGS: 1 - 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Clarified Butter / Ghee - 2 tbsp
- Dry Red Chilli / Sukhi Lal Mirch - 1
- White Gram / Urad Dal - 1/2 tsp
- Bengal Gram / Chana Dal - 1/2 tsp
- Mustard Seeds / Rai - 1/2 tsp
- Tomato Puree / Tamatar Ki Puree - Of 2 tomatoes
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Salt - As per taste
- Sweet Corn Kernels - 1 Cup parboiled
- Cooked Rice / Pake Hue Chawal - 2 Cups
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing

Directions

- Heat ghee in a pan. Add dry red chilli, urad dal, chana dal. and mustard seeds. Mix well and saute it for a few seconds on medium flame.
- Then add tomato puree, red chilli powder, and salt. Mix well. Saute it for 1 to 2 minutes on medium flame.
- Now add sweet corn and mix well. Saute it for 1 to 2 minutes on medium flame.
- Further, add cooked rice and mix well. Once done, add coriander leaves and mix well.
- Take it out in a serving bowl and garnish it with coriander leaves.
- 'Tomato Corn Rice' is ready to be served.

Tips

- Leftover rice can be used to prepare this recipe.
- If you want, you can add paneer as well to the rice.

Open Aloo Tadka Toast

delicious and tasty dish



By Neeta Sharma,

A Lovely Mom,

From Rajasthan

SERVINGS: 1 - 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Boiled Potato / Uble Hue Aloo - 1 Peeled and grated
- Onion / Pyaz - 1/2 Finely chopped
- Grated Cheese - 1 tbsp (optional)
- Salt - As per taste
- Red Chilli Flakes - 1/2 tsp
- Chaat Masala - 1/2 tsp
- Clarified Butter / Ghee - As required
- Bread - 2 Slices
- Mustard Seeds / Rai - 1/2 tsp
- Curry Leaves / Curry Patta - A few chopped
- Turmeric Powder / Haldi Powder - 1/4 tsp

Directions

- Take boiled potato in a mixing bowl. Add onion, cheese, salt, red chilli flakes, and chaat masala. Mix well.
- Now take a bread slice. Then spread the prepared aloo mixture on it. Likewise, prepare another bread slice.
- Meanwhile, heat 1 tbsp of ghee on the tawa. Add mustard seeds, curry leaves, and turmeric powder. Mix well and spread it on the tawa.
- Add the prepared bread's aloo mixture side to the tawa. Put both bread slices on it.
- Roast it for 2 to 3 minutes on a low flame. Press it while roasting. Apply ghee on the upper side. Flip it to roast the other side for 2 to 3 minutes.
- Once it is roasted from both sides, turn off the flame. Transfer it to a serving plate and cut it.
- 'Open Aloo Tadka Toast' is ready to be served.

Tips

- You can use butter instead of ghee.
- If you want, you can add tomato ketchup or green chutney on the toast before serving it.

Mix Vegetable Cutlet

an ideal instant snack



By Manju Saraf, A Lovely Mom, From Gurgaon

SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 7 MIN

Ingredients

- **FOR PREPARING SLURRY**
- All Purpose Flour / Maida - 2 tsp
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/4 tsp
- Water - As required
- **FOR PREPARING CUTLET**
- Rice Flour / Chawal Ka Aata - 1 & 1/2 tsp
- Bread Crumbs - As required roasted
- Mustard Oil / Sarso Ka Tel - 1 tbsp
- Onion Pyaz - 1 Finely chopped
- Green Peas / Matar - 1/4 Cup coarsely chopped
- Capsicum / Shimla Mirch - 1/2 Finely chopped
- Beetroot / Chukandar - 2 tbsp Finely chopped
- Beans - 2 tbsp Finely chopped
- Cauliflower / Phool Gobhi - 2 tbsp Finely chopped
- Carrot / Gajar - 2 tbsp Finely chopped
- Ginger-Green Chilli Paste / Adark-Hari Mirchi Paste - 1/2 tsp Coarsely ground
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Coriander Leaves / Dhaniya Powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Fennel Seeds Powder / Saunf Powder - 1/2 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Boiled Potato / Uble Hue Aloo - 2 Peeled and mashed
- Coriander Leaves / Hara Dhaniya - A handful
- Dry Mango Powder / Amchur - 1/2 tsp

Directions

- Heat mustard oil in a pan. Add onion and mix well. Saute it for a few seconds on medium flame. Keep stirring occasionally.
- Then add green peas, capsicum, beetroot, beans, cauliflower, and carrot. Mix well.
- Now add ginger-green chilli paste and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Then add red chilli powder, salt, coriander powder, turmeric powder, fennel seeds powder, and all spice mix powder. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally. Now add boiled potato and mix well.
- Once done, turn off the flame. Add coriander leaves and dry mango powder. Mix well and take it out on a plate. Let it cool down. Then add rice flour and mix well.
- Take a small ball-sized portion and prepare a cylindrical-shaped cutlet. Likewise, prepare all cutlets.
- Take maida in a mixing bowl. Add red chilli powder and salt. Then add water gradually. Mix well and prepare lumps free slurry.
- Now coat the cutlet in the prepared maida slurry. Take bread crumbs to a plate. Coat the slurry-dipped cutlet in the bread crumbs.
- Meanwhile, heat oil in a Pan. When the oil is enough hot, add the prepared cutlet to the oil. Fry the cutlets on a medium flame till it becomes golden brown from all sides.
- Once done, take it out to a serving plate.
- 'Mix Vegetable Cutlet' is ready to be served.

Tips

- You can prepare cutlet in desire shape.
- Roast the bread crumbs so it will soak less oil.
- You can add veggies as per your choice and availability.
- All veggies should be finely chopped.
- Corn flour or poha powder can be added instead of rice flour.
- The oil should be enough hot while adding cutlet to the pan.
- If you want, you can store the cutlet without frying in the refrigerator to save time.
- You can shallow fry this cutlet instead of deep frying.

Eggless Aata Cake Without Oven

a healthy dessert for special occasions



By Neha Agarwal, A Lovely Mom, From Raipur

SERVINGS: 7

PREPARATION TIME: 10 MIN

COOKING TIME: 60 MIN

Ingredients

- Whole wheat flour / Gehu ka aata - 2 Cups
- Homemade malai - 1 Cup
- Jaggery powder / Gud - 1 Cup
- Milk powder - 1 cup
- Milk - 1 Cup + As required
- Custard powder - 1 & 1/2 tbsp
- Baking powder - 1 tsp
- Baking soda - 1/4 tsp
- Oil - For greasing
- Sprinklers - As required + For garnishing (optional)

Tips

- The ratio of homemade malai, jaggery powder, and milk powder should be 1:1.
- Chocolate chips can be added instead of sprinklers.
- Don't open the lid while the cake is baking.
- You can add 1 Cup of condensed milk instead of malai. Reduce the quantity of jaggery as condensed milk is sweet.
- You can also add 1/2 cup of oil or butter instead of malai
- **FOR PREPARING CAKE IN OTG**
- Preheat OTG at 170 degrees Celsius for 10 minutes.
- Bake the cake at 170 degrees Celsius for 32 minutes.

Directions

- Take a big sized bowl. Add homemade malai and jaggery powder. Mix well with a whisker. Then add milk powder and milk. Mix well.
- Now add custard powder and mix well. Add 1 Cup of whole wheat flour and mix well to prepare a lumps-free consistency batter.
- Then add another 1 cup of whole wheat flour and mix well to prepare a lumps-free batter.
- Add little milk to prepare a lumps-free medium thick consistency batter.
- Take a heavy bottom pan. Put a small plate. Now cover that pan with a lid.
- Then heat the prepared heavy bottom pan for 10 minutes on low flame.
- Now add baking powder and baking soda to the batter mix well. Then add sprinklers and mix well.
- Take a cake tin and grease it with oil. Place the butter paper on it and grease it with the oil. Pour the batter into the cake tin and tap it. Add some sprinklers on it.
- Now place the prepared cake tin on the plate of the preheated pan. Bake the cake for 55 to 60 minutes on a big burner on low flame.
- Once baked well, keep the cake tin in the pan for 5 to 10 minutes. Then take it out and keep it aside. Let it cool down.
- Then de-mould it and remove butter paper. Garnish it with sprinklers.
- 'Eggless Aata Cake Without Oven' is ready to be served.



ENJOY!

FOR QUERIES AND SUGGESTIONS PLEASE SEND
US AN EMAIL TO
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