



## Ingredients

- 1 Sachet MAGGI Masala-ae-Magic (6 Grams)
- 1.5 Cups Chana Dal (Powdered)
- 0.75 Cup Sooji (Semolina)
- 1 Cup Nestlé A+ Curd
- 2 Tablespoons Ginger Chilli Paste
- 0.25 Teaspoon Turmeric Powder
- 1 gm Hing (Asafoetida)
- 150 gms Bottle Gourd (Grated)
- 1 Onion (Small, Finely Chopped)
- 0.75 Cup Beans (Finely Chopped)
- 0.5 Cup Carrot (Finely Chopped)
- 0.5 Cup Green Capsicum (Finely Chopped)
- 10 gms Coriander Leaves (Chopped)
- 0.25 Teaspoon Baking Soda
- 4 Teaspoons Oil
- 2 Teaspoons Mustard Seeds
- 2 Teaspoons Cumin Seeds
- 2 Teaspoons Sesame Seeds (White)
- 12 Curry Leaves

## Zubereitung

1. In a mixing bowl mix together chana dal flour, sooji, dahi, mix well and keep aside for 20 mins.
2. Add the rest of the ingredients for batter except fruit salt and mix well. Add the fruit salt and mix gently.
3. Heat 1 tsp oil in a pan, add ½ tsp mustard seeds and allow it to splutter. Add cumin seeds, sesame seeds and allow it to turn slightly brown. Add curry leaves and immediately add a ladle full of batter to make small handvo. Cover and cook on low flame till golden brown. Flip and cook on the other side as well. Insert a toothpick to check if the handvo is done. Once cooked and golden brown on both sides, take it out. Repeat making handvo with rest of the batter.
4. Serve the handvo with green chutney.

### Nährewerte an

Carbohydrates	27.12 g
Energy	236.31 kcal
Fats	7.57 g
Protein	8.32 g

⌚ 47 Minutes

⊕ 5