



Ingredients

- 1 Sachet MAGGI Masala-ae-Magic
- 1.5 Cups Besan (Gram Flour)
- 1 Teaspoon Turmeric Powder
- 3 gms Cumin Seeds
- 2 Tablespoons Sugar
- 2 Tablespoons Oil
- 1 Pinch Salt
- 1 Cup Water
- 0.5 Cup Water
- 1 Teaspoon Mustard Seeds
- 4 Curry Leaves
- 3 Green Chillies (Slit)
- 3 Tablespoons Coriander Leaves (Chopped)

Zubereitung

1. Prepare ingredients as mentioned in the list. Sieve besan twice to make sure there are no lumps. Add turmeric powder, asafoetida, 1 tablespoon of sugar, 1 tablespoon of oil, MAGGI Masala-ae-Magic and salt to taste.
2. Add 1 cup of water, carrots and cabbage, mix well to make a smooth batter. Add fruit salt and mix
3. Heat the steamer, grease plate/thali and pour the batter and steam it for 5 mins. Allow it to cool and cut it into squares.
4. For Tadka; Take 1 tablespoon of oil in a pan, add mustard seeds and allow it to splutter. Add curry leaves and green chillies. Then add 1 tablespoon of sugar and ½ cup of water and bring it to boil. Pour it evenly on prepared dhoklas.
5. Garnish it with coriander leaves. Khaman dhokla is ready to be served.

Nährewerte an

Carbohydrates	32.61 g
Energy	341.16 kcal
Fats	13.87 g
Protein	12.04 g

🕒 37 Minutes

⊕ 3 Servings