



Rava Idli Recipe

Ingredients

- Cup Rava (Sooji)
- Cup Dahi
- 1/4 1/4 Cup Buttermilk
- Cashew Nuts
- 1/2 1/2 Cup Carrot (cubed)
- 1/4 1/4 Cup Green Peas (Shelled)
- 1/2 1/2 Cup Coriander Leaves (Chopped)
- 1/2 1/2 Teaspoon Baking Soda
- Pinch Salt
- Tablespoons Ghee
- Tablespoon Mustard Seeds
- Tablespoon Chana Dal
- Green Chillies (Chopped)
- Curry Leaves

Instruction

1. Prepare ingredients as mentioned in the list. In a bowl, mix together curd, grated carrot, green peas, salt and fresh coriander leaves. Add the roasted rava and keep it aside for 10-15 minutes.
2. While the rava gets soaked in curd, take water in an Idli steamer and bring it to a boil, lower the flame and simmer it. Grease the Idli plates with oil and keep aside.
3. Heat ghee in a karahi, add mustard seeds. When it start to splutter, add channa dal and fry till it turns golden brown. Add chopped green chillies and curry leaves and take it off the flame, cool and add to the rava batter. Add baking soda to the rava batter and mix well.
4. Keep a few roasted cashew nut pieces first in each Idli mould and then pour the rava batter over it. If the batter is too thick, add buttermilk little by little to get the right consistency, but do not add water.
5. Steam the Idlis for 10 minutes. Remove from flame and keep it aside for 5 minutes. Now, using a wet spoon gently remove from the Idli moulds.
6. Serve hot with sambhar and coconut chutney.

Nutrition

Carbohydrates	49.38 g
Energy	364.14 kcal
Fats	14.15 g
Protein	13.77 g

56 Minutes

4 Servings