



Beetroot Poriyal Tikki Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- gms Beetroot
- Tablespoons Oil
- 1/2 1/2 Teaspoon Mustard Seeds
- Tablespoon Chana Dal
- Tablespoon Sabut Urad Dal
- Dry Red Chillies
- Curry Leaves
- 1/4 1/4 Teaspoon Turmeric Powder
- 1/2 1/2 Cup Fresh Coconut (Grated)
- Pinch Salt (To Taste)

Instruction

1. Pressure cook beetroot with $\frac{1}{2}$ cup of water for a minute, after one whistle.
2. Heat oil in a karahi and add the mustard seeds. When they start to splutter, add chana dal, urad dal, dry red chillies and curry leaves.
3. When the dal turns golden-brown, add the cooked beetroot and sauté for a few minutes.
4. Add turmeric powder and salt to taste. Then, add the MAGGI Masala-ae-Magic and grated coconut.
5. When cool mash the beetroot and add the mashed potatoes. Mix well and adjust salt to taste. Shape into tikkis/cutlets and shallow fry till golden brown.
6. Serve hot with mint-coriander chutney

Nutrition

Carbohydrates	10.28 g
Energy	232.6 kcal
Fats	12.27 g
Protein	3.23 g

32 Minutes

4 Servings