



## Lasooni Besan Ghasela Recipe

### Ingredients

- Sachet MAGGI Masala-ae-Magic
- Tablespoons Oil
- Teaspoon Cumin Seeds
- 1/2 1/2 Teaspoon Asafoetida (1 Pinch)
- Green Chillies (Chopped)
- Onion (Chopped)
- Cups Water
- 1/2 1/2 Cups Besan (Gram Flour)
- Teaspoon Red Chilli Powder
- 1/2 1/2 Teaspoon Turmeric Powder
- Pinch Salt
- 1/2 1/2 Cup Spring Onion (Chopped)
- Tablespoons Coriander Leaves (Chopped)

### Instruction

1. Prepare ingredients as mentioned in the list.
2. Heat oil in a heavy bottomed pan, add cumin seeds and asafoetida. Once the cumin seeds splutter, add the green chillies and onions. Cook till the onion becomes soft and translucent.
3. In a bowl mix together the water, besan and MAGGI Masala-ae-Magic . Use a whisk to remove lumps if any. Add the red chilli powder, turmeric powder and salt. Mix everything well and add the spring onion greens.
4. Put this mixture into the pan and stir continuously for about 15 minutes or till the besan is cooked properly. Heat the ghee in a tadka pan and fry the chopped garlic till golden brown. Pour this over the Ghasela.
5. Once done, garnish it with chopped coriander leaves and serve hot with roti and dal.

### Nutrition

Carbohydrates	25.59 g
Energy	262.67 kcal
Fats	14.01 g
Protein	8.89 g

47 Minutes

4 Servings