



Vegetable Paniyaram Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic
- Cups Rice (Boiled)
- 1/2 1/2 Cup Warm Water
- 1/2 1/2 Cup Sooji (Rava)
- Onion (Sliced)
- Inch Ginger (Cut Into Strips)
- Tablespoon Coriander Leaves (Chopped)
- Teaspoon Jeera
- Teaspoon Red Chilli Flakes
- Teaspoon Salt
- Teaspoon Mustard Seeds
- Tablespoon Chana Dal
- Tablespoon Urad Dal
- 1/4 1/4 Teaspoon Asafoetida
- Green Chillies (Chopped)
- Curry Leaves
- 1/2 1/2 Cup Vegetables (Carrot, Beans, Finely Chopped)
- Pinch Baking Soda
- Tablespoons Oil

Instruction

1. Prepare ingredients as mentioned in the list.
2. Blend well the leftover rice and water in a mixer, add ½ cup of sooji and mix well until there are no lumps and the batter is thick. Keep aside for 10 minutes. Add chopped onion, ginger, coriander leaves, jeera, chilli flakes, salt and mix well.
3. Heat 2 tablespoons oil and mustard seeds. When it start to splutter, add chana dal, urad dal, asafoetida, green chillies and curry leaves. Sauté for 2 minutes, add the minced vegetables and stir fry for 5 minutes. Add to the above batter. Now, add the soda bicarbonate and mix well.
4. Heat a nonstick Paniyaram pan, drop little oil in each hollow. Fill only ¾ of the hollow with the above mixture and allow it to cook until brown and turn around to cook the other side. Sprinkle a pinch of MAGGI Masala-ae-Magic before turning each paniyaram.
5. Serve hot with chutney or sauce.

Nutrition

Carbohydrates	79.86 g
Energy	455.65 kcal
Fats	10.24 g
Protein	9.15 g

51 Minutes

5 Servings