



Khandvi With Sprouts Filling Recipe (Diabetic Friendly)

Ingredients

- 1 Sachet MAGGI Masala-ae-Magic (6 Grams)
- 0.5 Cup Nestlé A+ Curd
- 1 Cup Besan (Gram Flour)
- 0.25 Teaspoon Turmeric Powder
- 1.5 Cups Water (225 ml)
- 1 Tablespoon Oil
- 0.5 Teaspoon Mustard Seeds
- 3 Green Chillies (Chopped)
- 12 Curry Leaves
- 100 gms Moong Sprouts
- 2 Tablespoons Grated Coconut
- 2 Tablespoons Coriander Leaves (Chopped)

Zubereitung

1. In a saucepan, mix together dahi, besan and turmeric powder. Add water, MAGGI Masala-ae-Magic to make the batter of pouring consistency and mix well to remove any lumps.
2. Cook on a high flame stirring continuously till the mixture begins to leave the sides of the pan. Pour immediately on the marbled kitchen platform or on the back of a thali and spread evenly, using a palette knife/spatula to get a very thin sheet. Let it dry for about 2 minutes.
3. Heat oil, splutter the mustard seeds, add green chillies, curry leaves, sprouts and mix well. Sprinkle over the thin layer of cooked besan.
4. Cut into 1½" - 2" broad strips and roll into khandvi
5. Garnish with grated coconut, chopped coriander leaves and serve warm.

Nährewerte an

Carbohydrates	9.7 g
Energy	81.74 kcal
Fats	3.24 g
Protein	3.9 g

🕒 17 Minutes

⊕ 8