



Muthiya With Methi & Spinach Recipe (Diabetic Friendly)

Ingredients

- 1 Sachet MAGGI Masala-ae-Magic
- 0.5 Cup Nestlé A+ Curd
- 1 Cup Spinach (Chopped)
- 40 gms Methi Leaves (Chopped)
- 1 Onion (Finely Chopped)
- 0.75 Cup Whole Wheat Flour
- 0.75 Cup Sooji/Rava
- 0.5 Cup Besan (Gram Flour)
- 2 Green Chillies (Chopped)
- 1 Ginger (1 inch piece, grated)
- 0.25 Teaspoon Turmeric Powder
- 0.5 Teaspoon Cumin Seeds
- 0.5 Teaspoon Fennel Seeds (Saunf)
- 15 gms Lime Juice
- 0.25 Teaspoon Baking Soda
- 0.25 Teaspoon Hing (Asafoetida)
- 1 Pinch Salt (To Taste)
- 1 Tablespoon Oil
- 1 Teaspoon Mustard Seeds
- 2 Tablespoons Sesame Seeds (White)
- 0.25 Teaspoon Hing (Asafoetida)
- 2 Tablespoons Coriander Leaves (Chopped)

Zubereitung

1. Combine all the ingredients for muthiya in a bowl and make a soft dough.
2. Divide the mixture into 4 parts. Using oiled hands rolls it into cylindrical shape about 6” long and 1” in diameter.
3. Place them in a steamer and steam on high flame for 20 minutes.
4. When done (to check the muthiya if done, insert a toothpick in the center, if it comes out clean, they are cooked), remove from steamer and cool.
5. Cut them into 1” roundels and keep aside.
6. Heat oil, add mustard seeds and allow them to splutter, add the sesame seeds and asafoetida. Add the muthiyas and toss them till they are light golden in colour.
7. Serve garnished with fresh coriander leaves

Nährewerte an

Carbohydrates	31.81 g
Energy	215.75 kcal
Fats	6.61 g
Protein	8.38 g

🕒 47 Minutes

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