



Rajma Galoti Kabab Recipe (Diabetic Friendly)

Ingredients

- Cube MAGGI Magic Cubes Vegetarian (Crumbled)
- Cup Rajma (Kidney Beans)
- 1/2 1/2 Cups Warm Water
- Cashew Nuts
- gms Green Chillies (Chopped)
- gms Cardamon Powder
- 1/2 1/2 Teaspoon Red Chilli Powder
- 1/2 1/2 Teaspoon Garam Masala
- Teaspoons Oil
- Onion (Sliced)
- Teaspoon Ginger-Garlic Paste
- gms Paneer (Grated)
- Pinch Salt (To Taste)
- gms Warm Water

Instruction

1. Wash and soak rajma for 6-8 hrs. Pressure cook soaked rajma with 3 cups water on low flame for 10 mins after the first whistle. Once cool, drain the rajma.
2. In a mixing jar, take boiled and cooled rajma, cashew, green chillies, cardamom powder, red chilli powder and garam masala. Grind to a smooth paste and keep aside.
3. Heat 1 tsp oil in a kadai, saute onion till transparent. Add ginger garlic paste and cook till the raw smell goes. Take the mixture in a mixing bowl, add the ground rajma paste, paneer, kewra essence, MAGGI Magic cubes (Vegetarian) and mix well. Adjust salt to taste.
4. Divide the mixture into 12 portions and shape them into round kababs.
5. Grease the non-stick tava with remaining oil and pan grill the kabas on low to medium flame till golden brown on both sides.
6. Serve hot with onion rings and green chutney.

Nutrition

Carbohydrates	18.89 g
Energy	143.43 kcal
Fats	3.86 g
Protein	7.85 g

23 Minutes

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