DietCloud – Recipe

Recipe Name: Bihari Green Peas Bharbhara (Recipe in Hindi)

Diet Type:

Course: Snack

Cuisine: Bihari

Quantity:



Ingredients

Ingredient	Quantity
• 2/3 cup green peas	4
• 2 cups gram flour	
• 1/2 cup onion - finely chopped	
• 1 tablespoon green chili - finely chopped	
• 1 teaspoon ginger - grated	
• 1 teaspoon garam masala powder	
• 1/2 teaspoon Black pepper powder	
• 1 teaspoon cumin powder	
• 1 teaspoon coriander powder	
• 1 teaspoon red chili powder	
• salt - as per taste	
• oil - as per use	

Preparation

• To make Bihari green peas stuffed, firstly add gram flour, onion, green pepper, ginger, garam masala, black pepper powder, cumin powder, coriander powder, red pepper powder, and salt to the bowl and mix it with water as required.

• Keep this mixture thick.

• Keep the pan spread on the pan.

• Keep the steak hot on the gas.

• Spread the mixture on the griddle.

• Note that if the griddle is not completely heated then the bhabra will stick on the pan.

• Spread the bhabra on the griddle and reduce the flame.

• Add oil to the bhabra on a low flame and cook it till it turns brown in color from both the sides.

• Cook on both sides and serve.

• Serve Bihari Hare Matar Bharbhara with Coriander Mint Chutney and Masala Tea.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)