DietCloud – Recipe

Recipe Name: Rajasthani Ghasela Recipe (Besan Ka Pitta)

Diet Type:

Course: Lunch

Cuisine: Rajasthani

Quantity:



Ingredients

Ingredient	Quantity
• Sunflower Oil - as required • 1 teaspoon Cumin seeds (Jeera) • 1/2 teaspoon Asafoetida (hing) • 1 Onion - finely chopped • 2 Green Chillies - finely chopped • Spring Onion Greens - Few sprigs • 1-1/2 cup Gram flour (besan) • Coriander (Dhania) Leaves - Few sprigs • 1 teaspoon Red Chilli powder • 1 teaspoon Turmeric powder (Haldi) • Salt - as required	4

Preparation

• To begin making the Rajasthani Ghasela recipe, heat oil in a heavy bottomed pan and add cumin seeds and hing.
• Once the cumin seeds splutter, add the green chillies and onions.
• Cook till the onion becomes soft and translucent.
• Meanwhile, add water in besan in a mixing bowl and put all the masalas including red chilli powder, turmeric powder and the required salt.
• Mix everything properly and add the spring onion leaves.
• Put this mixture into the pan and stir continuously for about 20 minutes or till the besan is cooked properly.
• Once done, garnish it with chopped coriander leaves and serve hot.

Macronutrients

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