

Recipe Name: Dalia Pakora Recipe - Dalia Pakora Recipe

Diet Type:

Course: Snack

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Broken Wheat (Dalia/ Godumai Rava)	4
• Salt - to taste	
• 1/2 teaspoon Sunflower Oil	
• 1/3 cup Gram flour (besan)	
• 1 Onion - finely chopped	
• 1/4 cup Coriander (Dhania) Leaves - finely chopped	
• 1 Green Chilli - finely chopped	
• Salt - to taste	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Ajwain (Carom seeds)	
• 1 tablespoon Sunflower Oil	
• Water - as required to make a thick pakora batter	
• 1 teaspoon Enos fruit salt	
• Sunflower Oil - as required to fry the pakoras	

Preparation

- To make Oatmeal Pakora Recipe, we will first cook Dalia.
- Wash the panel and keep it aside.
- In a pressure cooker, add 2 cups of water, a little salt, oil, Dalia and mix.
- Close the pressure cooker and cook until 4 to 5 come to the city.
- Turn off the gas and.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	10	30	10	4	2