

Recipe Name: Basella Fritters Recipe - Malabar Spinach Fritters

Diet Type:

Course: Snack

Cuisine: Malabar

Quantity:



Ingredients

Ingredient	Quantity
• 200 grams Basella (Malabar Spinach)	2
• 1 teaspoon Red Chilli powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• 1/2 cup Gram flour (besan)	
• 1/2 cup Corn flour	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Enos fruit salt - or baking powder	
• 1/2 teaspoon Red Chilli powder - for the batter	
• Sunflower Oil - for frying	
• 1/4 cup Water	
• Sunflower Oil - for frying	
• Tomato Ketchup	

Preparation

- To begin making the Basella Fritters Recipe (Malabar Spinach Fritters), firstly pick only thin steam spinach leaves.
- Wash the leaves thoroughly and pat dry with a kitchen towel.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	10	25	12	4	2