

Recipe Name: Rajasthani Ghasela recipe - Besan Ka Pitta (Recipe in Hindi)

Diet Type:

Course: Lunch

Cuisine: Rajasthani

Quantity:



Ingredients

Ingredient	Quantity
• Oil - As per use	4
• 1 teaspoon cumin seeds	
• 1/2 teaspoon asafoetida	
• 1 onion - finely chopped	
• 2 green chillies - finely chopped	
• green onions - little	
• 1-1 / 2 cup gram flour	
• green coriander - little	
• 1 teaspoon red chilli powder	
• 1 teaspoon turmeric powder	
• salt - as per taste	

Preparation

- To make Rajasthani ghasela, first heat oil in a pan.
- Add cumin and asafoetida to it.
- After 10 seconds, add green chilies and onions.
- Let the onion cook till it becomes soft.
- Meanwhile, add gram flour and water in a bowl.
- Mix well and then add red chili po.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
320	10	40	12	4	2