

Recipe Name: Corn only quiche recipe

Diet Type:

Course: Snack

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups All Purpose Flour (Maida)	4
• 1/4 cup Ghee - melted	
• 1/4 teaspoon Ajwain (Carom seeds)	
• Salt - to taste	
• Sunflower Oil - for deep frying	
• 2 cups Green peas (Matar)	
• 1 cup Sweet corn	
• 2 Green Chillies - finely chopped	
• 1 inch Ginger - grated	
• 2 teaspoons Fennel seeds (Saunf)	
• 1 teaspoon Garam masala powder	
• 1/2 teaspoon Chaat Masala Powder	
• Coriander (Dhania) Leaves - small bunch	
• Salt - to taste	

Preparation

- In a large mixing bowl, combine all the ingredients for the Kachori dough to form a crumble like texture.
- Gradually add water into the flo.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
320	18	20	20	2	4