

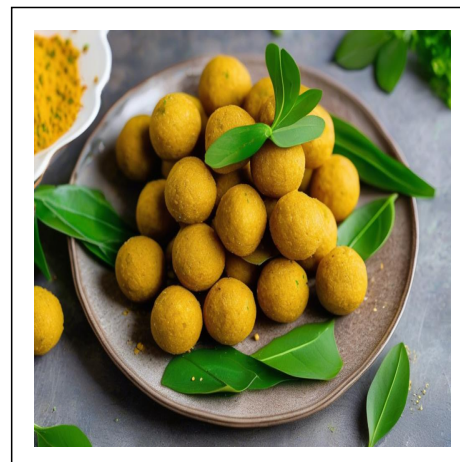
Recipe Name: Menthi Aaku Badeela Koora Recipe -
Besan Muthia Cooked With Methi Leaves

Diet Type:

Course: Side Dish

Cuisine: Andhra

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 4 cups Methi Leaves (Fenugreek Leaves)	4
• 1-1/2 cups Gram flour (besan)	
• 1 inch Ginger - finely chopped	
• 4 cloves Garlic - finely chopped	
• 1 teaspoon Garam masala powder	
• 2 teaspoons Red Chilli powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• 1/4 cup Water	
• Sunflower Oil - as needed	
• 1 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Mustard seeds	
• 1 sprig Curry leaves	
• 2 Dry Red Chillies	

Preparation

- To begin making Menthi Aaku Badeela Koora Recipe, wash and chop the fenugreek/methi leaves and keep aside.
- To a bowl, add the chickpea/besan flour, red chilli powder, salt, ginger garlic paste, garam masala powder and turmeric powder.
- Add enough water and knead them to a stiff dough.
- Next step is to divide the dough into small portions.



- To a heavy bottomed pan, heat 2 tablespoons of oil.
- Once the oil is hot, add the cumin seeds, mustard seeds, curry leaves and dry red chillies.
- Let it cook for about 30 seconds.
- The badeela will take a good 10 -12 minutes to cook.
- Give the Badeela a bite and it should not taste raw.
- Once the Menthi Aaku Badeela Koora done turn off the heat and serve hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	20	60	15	8	5

