

Recipe Name: Methi Muthiya (Wheat Flour And Fenugreek Dumplings) Recipe

Diet Type:

Course: Snack

Cuisine: Indian

Quantity: 1 bowl

Methi Muthiya, Gujarati Snack
Wheat Flour & Fenugreek Leaves Dumplings



Ingredients

Ingredient	Quantity
• 2 cups Methi Leaves (Fenugreek Leaves) - washed and roughly chopped	4
• 1-1/2 cups Whole Wheat Flour	
• Salt - to taste	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Red Chilli powder	
• 1/2 teaspoon Asafoetida (hing)	
• 1 teaspoon Cumin powder (Jeera)	
• 1 teaspoon Ajwain (Carom seeds)	
• 1 teaspoon Sesame seeds (Til seeds)	
• 2 teaspoon Sunflower Oil	
• 1/2 teaspoon Lemon juice	
• 1/2 teaspoon Sugar	
• 2 tablespoon Sunflower Oil	
• 2 teaspoon Fennel seeds (Saunf)	
• 1 teaspoon Mustard seeds	
• 1 teaspoon Cumin seeds (Jeera)	
• Sunflower Oil - for deep frying	

Preparation

- Add some water and mix till everything just comes together.
- Do not knead the dough too much.
- Pinch small lime sized balls from the dough.
- Using the palm of your hands shape them into small elongated dumplings.



- Drain them on a kitchen towel to absorb the extra oil and serve them hot.
- For Steamed Muthiyas: Lightly oil a strainer or steaming bowl and steam the Dumplings for about 12-15 minutes or till a knife inserted comes out clean.
- In a flat non-stick pan heat the oil.
- Add the mustard seeds and once they crackle add the cumin and fennel seeds.
- Add the steamed dumplings and fry till they turn a light golden colour.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
150	5	30	3	4	1

