

Recipe Name: Oats and Vegetable Kebab Recipe - Oats and Vegetable Kebab Recipe

Diet Type: Vegetarian

Course: Snack

Cuisine: North Indian Recipes

Quantity: 1 serving



Ingredients

Ingredient	Quantity
• 1 cup suran - cut and boil	4
• 1 cup raw banana - cut and boil	
• 1 cup carrot - chop	
• 1 onion - chop	
• 1 inch ginger - chop	
• 4 cloves garlic - cut	
• 1 tablespoon red Chili powder	
• 1 teaspoon turmeric powder	
• 1 tablespoon cumin powder	
• 1 tablespoon coriander powder	
• 1 tablespoon Amchur powder	
• 1/2 cup oats - to coat	
• 1/4 cup milk	
• salt - according to taste	
• black Chili Powder - Taste	
• Oil	

Preparation

- To make oats and vegetable kebabs, firstly put the suran and raw banana in a pressure cooker with salt, water, turmeric powder and cook it for 6 cities.
- Allow the pressure to drain automatically.
- Open the cooker, drain the remaining water and mash it well with the help of a mesher.
- Now heat the oil in a pan.
- Add onion, garlic, ginger and cook till the onion becomes soft.
- After the onion is soft, add carrots and cook until the carrot is cooked.
- Now add red chili powder, coriander powder, turmeric powder, cumin powder, mango powder, salt, pepper powder and mix well.



- Cook for 3 to 4 minutes.
- Now add a mixture of suran and raw banana and mix it.
- Now divide this mixture into medium size ball.
- Cut it flat on the shape of the cutlet.
- Now put these cutlets in milk and then in oats.
- Keep in mind that oats are all around the cutlet.
- Now heat a flat pan.
- Add a little oil and cook on medium flame until golden brown.
- Serve.
- Serve the oats and vegetable kebabs with coriander mint chutney and masala tea for the evening breakfast.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	10	40	8	6	2

