

Recipe Name: Cabbage Onion Vada Recipe

Diet Type:

Course: Snack

Cuisine: South Indian Recipes

Quantity: 1 serving



Ingredients

Ingredient	Quantity
• 1 cup White Urad Dal (Whole) - soaked for 3 hours	5
• 1/2 cup Cabbage (Patta Gobi/ Muttaikose) - finely chopped	
• 1/2 cup Onions - finely chopped	
• 1 teaspoon Ginger - finely chopped	
• 1 teaspoon Green Chillies - finely chopped	
• 1/4 Coriander (Dhania) Leaves - finely chopped	
• Salt - to taste	

Preparation

- To begin making the Cabbage Onion Vada, finely grind the soaked urad dal with salt, adding as little water as possible into a thick smooth vada batter.
- Add the chopped cabbage, onions, green chillies and coriander leaves and mix into the ground urad dal paste.
- Check the salt and spice levels to see if you would like to adjust to suit your taste.
- Cover the pan and allow it to steam.
- You will notice the top part of the vada getting cooked.
- At this point you could add another drop of oil and then using a tiny flat spoon gently flip the vada so it can get cooked from the other side and crisp as well.
- When you insert the back of the spoon or a knife in the center it should come out clean - this the test to check whether it is has been cooked.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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250

5

30

12

4

2

