

Recipe Name: Black Eyed Peas Masala Vadas Recipe
Diet Type:
Course: Snack
Cuisine: Karnataka
Quantity: 1 serving



Ingredients

Ingredient	Quantity
• 1 cup Black Eyed Beans (Lobia) - soaked for at least 4 hours	4
• 1/3 cup Sweet corn - crushed	
• 20 Curry leaves - torn	
• 1/4 cup Coriander (Dhania) Leaves - chopped	
• 2 tablespoons Mint Leaves (Pudina) - chopped	
• 5 Green Chillies	
• 1 inch Ginger	
• 1/4 cup Dry coconut (kopra) - chopped (optional)	
• 1/4 teaspoon Asafoetida (hing)	
• 2 tablespoons Sesame seeds (Til seeds)	
• 1 Onion - finely chopped	
• Salt - to taste	
• Sunflower Oil - to deep fry	

Preparation

- To begin making the Black Eyed Peas Masala Vadas recipe, strain the water from the lobia using a colander and pat dry to remove as much moisture as possible.
- In a mixer jar add green chillies, ginger, salt, asafoetida and 2 tablespoons of the lobia and grind and add this into a mixing bowl.
- Now add the remaining Lobia into the mixer jar and grind coarsely, add to the mixing bowl.
- Squeeze out extra moisture from the crushed corn and add it into the mixing bowl.
- Add all the remaining ingredients into the mixing bowl.
- Combine everything and taste to adjust seasoning.
- Shape the mixture into vadas and deep fry until golden in a deep fry pan.
- Make sure to cook on a medium to high flame so that its cooked through.



- If the vada mixture is very moist it could absorb lots of oil, the trick is to pat the vadas on a clean dry towel so it absorbs excess moisture.
- Then transfer them to your hands and drop them gently into the oil to fry, this way you will get crispy non greasy vadas.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	12	40	8	10	2

