

Recipe Name: Rava Vada Recipe
Diet Type:
Course: South Indian Breakfast
Cuisine: South Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Sooji (Semolina/ Rava)	3
• 1/2 cup Curd (Dahi / Yogurt)	
• 1 Onion - finely chopped	
• 2 Green Chillies - finely chopped	
• 1 sprig Curry leaves	
• 1/4 cup Coriander (Dhania) Leaves - finely chopped	
• 1 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Whole Black Peppercorns - roughly pounded	
• Sunflower Oil - for frying	
• Salt - to taste	

Preparation

- Using a mortar and pestle, pound the whole peppercorns roughly.
- Mix well and leave it to rest for 15 minutes.
- In a wok, heat some cooking oil.
- Wet your hands with water, take a small ball portion of the batter and flatten it a bit and make a hole in the centre of the batter with the finger of other hand so that you can shape it like a vada.
- You can alternatively, grease a banana leaf with two drops of oil and place a small ball portion of the batter and flatten it a bit and make a hole in the centre of the batter to shape it like a vada.
- Pick up the banana leaf and slide the uncooked vada in the oil.



- Once done transfer the Rava Vada onto a plate with an oil absorbent paper.

Macronutrients

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