

Recipe Name: Bengali Beetroot And Raw Banana Chop Recipe (Spiced Cutlet Recipe)

Diet Type:

Course: Snack

Cuisine: Bengali Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 Beetroot - boiled	4
• 1 Raw Banana - boiled	
• 2 tablespoon Fresh coconut - grated	
• 2 tablespoon Roasted Peanuts (Moongphali) - roasted	
• 1 inch Ginger - grated	
• 2 Green Chilli - finely chopped	
• 1/2 teaspoon Cumin powder (Jeera)	
• 1/2 teaspoon Coriander Powder (Dhania)	
• 1 teaspoon Fennel seeds (Saunf) - crushed	
• 1/2 teaspoon Red Chilli powder	
• 2 tablespoons Corn flour	
• Salt - to taste	
• Whole Wheat Bread crumbs - for coating	
• Sunflower Oil - for cooking	

Preparation

- To begin making Bengali Beetroot And Raw Banana Chop Recipe (Spiced Cutlet Recipe) by boiling the beetroot and the raw banana in a pressure cooker for 3 whistles till it is well done.
- Let it rest till the pressure from the cooker come out naturally.
- Once the vegetables are cooled, grate it using a grater and keep it aside.
- Heat oil in a pan and add the coconut, roast it for some time, then add ginger, green chili, and the whole spice powder.
- Add the grated vegetable into the masala and saute till it binds.
- Cool the mixture for some time, and divide them into small balls and shape them flat.
- Coat it with cornflour mixed with water and roll it in the breadcrumbs for an even coating.
- Shallow fry them in a pan on both the sides.



Macronutrients

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

