

Recipe Name: Moong Dal Tikki Recipe
Diet Type: Vegetarian
Course: Appetizer
Cuisine: Indian
Quantity:



Ingredients

Ingredient	Quantity
• 1 ?? ????? ????? ??? - ????????	2
• 6 ??? ?????	
• 1 ??? ????	
• 4 ??? ????? ??? ????? - ????? ??? ??	
• 1 ????? - ????? ??? ??	
• 3 ??? ????? ??? ??? - ????? ??? ?? ??	
• 3 ??? ????? ????? ????? (???) - ????? ??? ??	
• 1/4 ?? ????? - ?? ??	
• 1-1/2 ??? ????? ????? ?????	
• 1/2 ??? ????? ????? ?????	
• ??? - ????? ?????	
• 1/2 ??? ????? ?????	
• 1/2 ??? ????? ??? ????? ?????	
• 2 ??? ????? ???	

Preparation

- To make the moong dal tikki recipe, first soak the moong dal for a few hours.
- Heat the water in a saucepan.
- Add moong dal to it and cook on a medium flame for 5 minutes.
- Drain the water and wash the lentils with cold water.
- Keep it separately.
- Now in a grinder add dal, green chillies, coriander leaves, ginger and grind it well.
- Now add the dal mixture, onion, paneer, green peas in a bowl and mix well.
- Now add corn flour, cumin powder, chaat masala powder, mango powder, salt and mix well.
- Now make a round tikki and keep it separately.
- Now heat oil in a frying pan.



- Keep the tikkis in it and cook till it becomes golden from both the sides.
- Serve hot.
- Serve moong dal tikki recipe with coriander mint chutney and garam garam masala tea for dinner.

Macronutrients

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