

Recipe Name: Farali Pattice Recipe - A Popular Fasting Food

Diet Type:

Course: Snack

Cuisine: Gujarati Recipes

Quantity:



Ingredients

Ingredient

Quantity

4

Preparation

- To begin making the Farali Pattice, into a bowl we will first combine all the ingredients for the filling and bring them together to form a nutty dough.

- Grease your palm with oil and flatten a portion of the potato mixture on your palm and place a portion of the filling mixture in the centre.
- Bring together the edges to seal.
- Roll the filled potato balls between the palms of your hands to a round shape and set aside.
- Repeat the above procedure with the remaining potato and filling and make the pattice.
- Now we will prepare to bake the Farali Pattice in the oven.

- Place the bread crumb coated pattice in the oven and bake for 30 minutes, until crust turns golden and crisp evenly on all sides.
- Take the patties out from the oven place them on the serving platter.
- Serve the Farali Pattice as a fasting food during Healthy Appetizer for your parties.



Macronutrients

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