

Recipe Name: Instant Baked Aloo Tikki Recipe

Diet Type:

Course: Snack

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 4 Potatoes (Aloo) - grated	2
• 2 Spring Onion (Bulb & Greens) - finely chopped	
• 1 Green Bell Pepper (Capsicum) - finely chopped	
• 3 tablespoons Whole Wheat Flour - or maida	
• 2 tablespoons Rice flour	
• Salt - to taste	
• 1 teaspoon Red Chilli powder	
• Sunflower Oil - to brush	

Preparation

- To begin making Instant Baked Aloo Tikki Recipe, peel and grate potatoes.
- Chop all other required veggies.
- In a mixing bowl, add all the veggies, salt and squeeze so that the water oozes out.
- Add red chilli powder and mix well.
- Take 2 tablespoons of the mixture, make tikkis with your palms and put them on a baking tray lined with parchment sheet.
- Preheat the oven to 220 degrees Celsius.

Macronutrients

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