DietCloud – Recipe

Recipe Name: CHANNA DAL AND CABBAGE TIKKI
Diet Type: Vegetarian
Course: General Course
Cuisine: Indian
Quantity:



Description

Chana Dal and Cabbage Tikki are delightful, golden-brown patties crafted from a hearty blend of split chickpeas (chana dal) and finely shredded cabbage, infused with aromatic spices. These savory fritters are pan-fried to a perfect crisp and are commonly served as a flavorful appetizer or snack, often accompanied by a vibrant green chutney as seen in the image.
[PROS]
- Excellent source of plant-based protein from chana dal.
- High in dietary fiber, aiding digestion and promoting satiety.
- Rich in vitamins (K, C) and minerals from cabbage and spices.
- Gluten-free, suitable for those with gluten sensitivities (ensure no cross-contamination).
- Can be a low-calorie snack if pan-fried with minimal oil or air-fried.
[CONS]
- Deep-frying can significantly increase calorie and fat content.
- Legumes may cause digestive discomfort (bloating/gas) for some individuals.
- Requires pre-soaking of chana dal, adding to preparation time.
[DIETITIAN REVIEW]
This Chana Dal and Cabbage Tikki recipe is a highly nutritious and well-balanced option, providing substantial plant-based protein and fiber crucial for digestive health and sustained energy. The inclusion of cabbage boosts its vitamin and mineral profile. For optimal health benefits, I recommend pan-frying with minimal healthy oil or utilizing an air fryer to reduce fat intake. Score: 8/10

Ingredients

Ingredient	Quantity
• Chana Dal	1/4 cup (soaked overnight or 4-6 hours)
• Cabbage	1/2 cup (finely shredded)
• Onion	2 tbsp (finely chopped)
• Green Chili	1/2 (finely chopped, adjust to taste)
• Ginger-Garlic Paste	1/2 tsp
• Turmeric Powder	1/8 tsp

- Cumin Powder 1/4 tsp

- Coriander Powder 1/4 tsp

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• Garam Masala	Pinch

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• Fresh Coriander Leaves	1 tbsp (chopped)

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• Salt	To taste

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• Oil	1-2 tbsp (for pan-frying)

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Preparation

• 1.
• Drain the soaked chana dal completely.
• Grind it coarsely in a food processor or blender without adding any water.
• It should be a textured, crumbly paste.
• 2.
• In a medium-sized mixing bowl, combine the ground chana dal, finely shredded cabbage, chopped onion, green chili, ginger-garlic paste, turmeric powder, cumin powder, coriander powder, garam masala, fresh coriander leaves, and salt.
• 3.
• Mix all ingredients thoroughly with your hands until well combined and the mixture can hold its shape.
• If the mixture feels too wet, add 1-2 teaspoons of rice flour or chickpea flour to bind.
• 4.
• Divide the mixture into 4-5 equal portions.
• Shape each portion into a flat, round patty, about 1/2 inch thick.
• 5.
• Heat the oil in a non-stick pan or skillet over medium heat.
• Once hot, carefully place the prepared tikkis in the pan, ensuring not to overcrowd.
• 6.
• Pan-fry the tikkis for 3-4 minutes on each side, or until they turn golden brown and are cooked through.
• Adjust heat as needed to prevent burning.
• 7.
• Remove the tikkis from the pan and place them on a paper towel to absorb any excess oil.
• Serve hot with your favorite green chutney or sauce.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	10	30	10	5	5