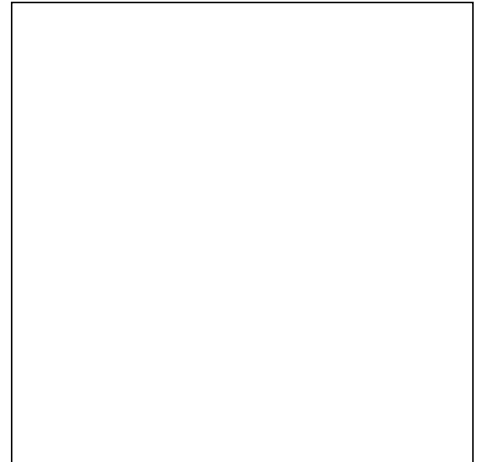




Recipe Name: Spicy Crunchy Masala Idli Recipe
Diet Type: Vegetarian
Course: Snack
Cuisine: South Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 10 Idli - cut into strips	3
• 1 cup Green Bell Pepper (Capsicum) - thinly sliced	
• 1 cup Tomato - finely chopped	
• 1 cup Onions - finely chopped	
• 2 Green Chillies - finely chopped	
• 1/4 teaspoon Red Chilli powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 3 tablespoons Tomato Ketchup	
• Coriander (Dhania) Leaves - to taste	
• Mint Leaves (Pudina) - to taste	
• 2 teaspoons Sunflower Oil	
• Salt - to taste	

Preparation

- To prepare Spicy Crunchy Masala Idli Recipe, Heat a tablespoon of oil in a heavy bottomed pan and stir fry them until they are lightly crisp.
- Transfer to a bowl and keep aside.
- In 2 teaspoons of oil the same pan; add in the onions, capsicum, green chillies.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	10	60	10	4	5