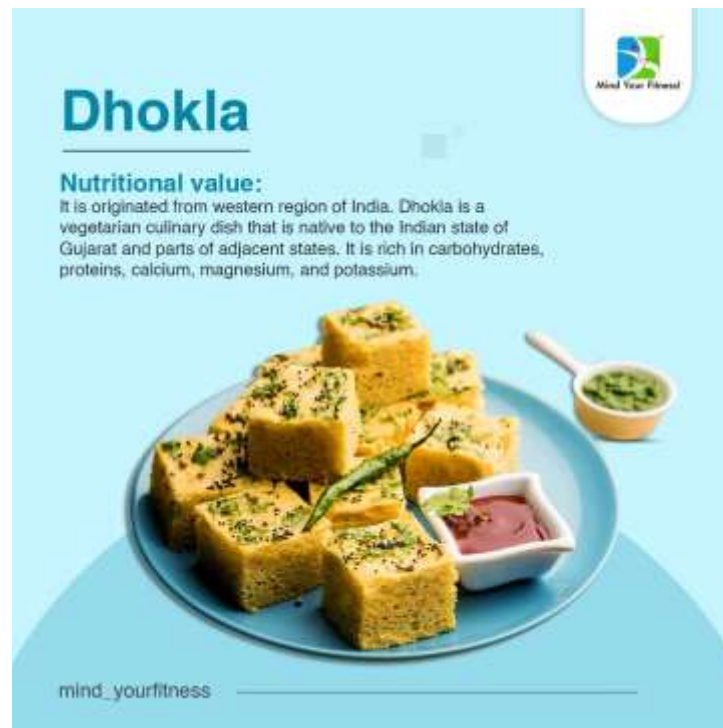


Dhokla



It is originated from western region of India. Dhokla is a vegetarian culinary dish that is native to the Indian state of Gujarat and parts of adjacent states. It is rich in carbohydrates, proteins, calcium, magnesium, and potassium.

Recipe

Ingredients: Serves: 2

For the Batter

- Paneer 100g
- Hung curd/greek yoghurt 1 tbsp
- Baking soda 1 /4 tsp.
- Salt 1/2 tsp
- Turmeric powder 1/4 tsp
- Ginger 1/2 inch piece
- Green chilli 1 halves or more according to taste
- Oil 1 tbsp

For Tempering

- Oil 1 tbsp
- Mustard seeds 1 tsp
- Sesame seeds 1/2 tsp
- Green curry leaves few pieces
- Asafoetida 1/4 tsp



Mind Your Fitness!

For Garnishing

- Coriander leaves finely chopped 1 tsp
- Fresh coconut flakes 1 tsp

Method

Batter:

1. In a mixer jar add slit green chillies and ginger, churn it.
2. Then add paneer, psyllium husk, baking soda, salt, turmeric powder and oil, churn it.
3. Then add hung curd to it, and churn it.
4. Now grease a Microwave safe dish, and take out the batter.
5. It's a thick batter almost like dough.
6. Spread it out evenly with a spatula.
7. Microwave it for 3 Mins.
8. Take it out.

Tempering:

1. Heat a pan.
2. Add oil when hot add mustard seeds.
3. Add curry leaves, sesame seeds and Asafoetida.
4. Remove from the stove.

Finale:

1. Spread the tempering on the Prepared Dhokla evenly
2. Cut the dhokla with a knife into square shapes.
3. Sprinkle coriander leaves and fresh coconut flakes.
4. Serve it with fried green chillies or sauce of your choice