

Snack



RECIPE

Veg Cutlet

Ingredients

- 1/4th cup, boiled grated or mashed potato
- 2 tbsp, grated carrot
- 2 tbsp, boiled mashed peas
- 1 tbsp, finely chopped onions
- 2 tbsp, bread crumbs
- 1 tsp, refined wheat flour
- Salt to taste
- Chaat masala as needed
- Oil as required
- 1 tsp, finely chopped Coriander leaves

Step by step

Cooking Instructions

Steam or boil veggies until just done. Drain any excess moisture if left.

Mash them well. Add bread crumbs, salt, Chaat masala to the veggies and mix everything well.

It must be a non-sticky dough. If needed, add more bread crumbs to make it more uniform.

Make 2 small patties and set aside.

In a separate bowl, make a slightly thin batter of refined flour with water.

Dip each patty in the batter on both the sides.

Place them on bread crumbs and then keep aside for 5-10 mins so that they dry.

Heat the oil for shallow frying. Fry them on both the sides until golden and crisp.

Serve veg cutlet hot with dip of your choice.

Nutritional values

2-3 Year olds

Energy	10.45 kcal
Protein	14.63% (RDA)*
Calcium	4.86% (RDA)*
Iron	10.62% (RDA)*

4-5 Year olds

Energy	8.21 kcal
Protein	12.16% (RDA)*
Calcium	4.86% (RDA)*
Iron	7.35% (RDA)*

***Recommended dietary allowance**

TIPS

- Try different shapes like vegetable sticks, heart shaped or may be square patties.
- You can bake instead of shallow frying.
- You can use poha or rice flakes instead of bread crumbs.
- Instead of refined flour, you can also use besan, rice flour or oatmeal flour for coating.
- If not basic chutney or sauce, you can serve these with hung curd and mint dip.