

Recipe

Bhandirvan Na Muthiya

By

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Ingredients

Spinach leaves – 2 bunches
Bengal gram flour – 60 gm
Grated coconut – 25 gm
Green chilies – 3 -4 no
Ginger – small piece
Red chili powder – 1 Tbsp
Turmeric powder – 1 Tsp
Mustard seeds – 1 Tsp
Oil – 2 Tsp
Sugar – 1 Tsp
Salt – To Taste

Preparation

1. Wash and chop the Spinach leaves.
2. Add Bengal gram flour, ginger and green chili paste, red chili powder, turmeric powder, salt, sugar and grated coconut. Add water and knead it into soft dough.
3. Make rolls out of this dough and steam them for 10 mins.
4. Cut these rolls into small pieces.
5. Heat oil in a pan, add mustard seeds and add these muthiya pieces into it and sauté well.
6. Serve hot, garnished with grated coconut and coriander leaves.

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Hare Rama Hare Rama Rama Rama Hare Hare**