

# Asparagus Moong Dal Tikki

## Ingredients :

- ¼ cup moong dal (soaked for 8 hours, drained)
- 2 tbsp rice flour (slightly roasted and kept aside)
- 2 tbsp sattu flour (slightly roasted kept aside)
- 2 tbsp grated onions
- ½ tsp chilli powder
- ¼ tsp dhaniya jeera powder/coriander seeds powder
- ¼ tsp turmeric
- ½ tsp ginger paste
- 1 tsp chaat masala
- 1 tbsp chopped mint leaves
- 2 -3 spears of steamed and thinly chopped asparagus
- 1 tbsp cold pressed coconut oil
- sesame seeds roasted to garnish

## Method :

1. Take ¼ cup moong dal in an open pan.
2. Add enough water so that all the moon dal is soaked.
3. Cook until soft.
4. Add some more water if required.
5. Keep stirring until dal becomes thick (evaporate as much water as possible).
6. Let it cool down.
7. In another pan, heat 1 tsp oil and add ginger paste.
8. Now add grated onions.
9. Sauté until they start becoming pink. Add some salt (enough for onions) at this stage.
10. Now add turmeric, dhaniya jeera powder.
11. Turn off the gas and add the cooled moong dal mixture.
12. Add rice and sattu flour, chopped mint leaves, asparagus and mix.
13. Make 3-4 medium tikkis.
14. Roll them on sesame seeds.
15. Roast them on a tawa on a medium flame until golden brown.
16. Use oil for greasing.
17. Place on a serving plate. Sprinkle chaat masala on the top.
18. Serve with 2 tbsp. carrots, capsicums and onions cut into julienne along with coriander or mint chutney of choice.

## Notes:

- Power packed asparagus is a very good source of fiber, folate, vitamins A, C, E and K.
- Protein rich tikki with the goodness of dal can be relished by expecting mothers as well as the entire family.

Also check :

<https://lukecoutinho.com/blog/recipe-corner/homemade-fresh-tomato-ketchup/>

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