



Rice Muthia Gravy

11 Dec 2018 20 Min

Details

Hot and mildly spicy dish is apt for light lunch or dinner. A good combination of rice, flour and Nestlé A+ Curd that is tasty and healthy in one go!

Ingredients



2.0 Tbsp(26.0 gm) Rice



1.0 Tbsp(9.0 gm) Wheat Flour (Whole)



1/2 Chopped Tsp(1.0 gm) Green Chilli



1.0 Grated Tsp(2.0 gm) Ginger



1/4 Powder Tsp(0.54 gm) Red Chilly



0.13 Tsp(0.46 gm) Rai



0.13 Tsp(0.56 gm) Fruit Salt



2.0 Tsp(7.0 ml) Oil



2.0 Tbsp(19.0 gm) Besan



1/4 Chopped Cup(11.0 gm) Coriander
Leaves



4.0 Tbsp(57.0 gm) Nestlé A+ Curd



1/2 Tsp(1.0 gm) Haldi



1/4 Tsp(0.74 gm) Hing



0.13 Tsp(0.3 gm) Jeera



1/2 Tsp(2.0 gm) Salt



250.0 MI(250.0 ml) Water

Method (Step-By-Step)

- Pre Preparation
- Pressure cook 2 tbsp of rice.
- combine cooked rice, 2 tbsp besan, 1 tbsp wheat flour, 1 tsp oil, 1/4th tsp salt, 1/4th tsp turmeric powder, 1/2 tsp chopped green chillies, 1 tsp chopped ginger, 1/8th tsp fruit salt, 1/4th cup chopped coriander leaves, 2 tbsp Nestlé A+ Curd and knead a soft dough.
- Divide into 6 to 8 small portions. Shape into oval muthias.
- Heat the oil in a kadhai add 1/8th tsp rai, 1/8th tsp jeera, 1/4th tsp hing, 1/4th tsp red chilly powder, add water, 1/4th tsp haldi, 1/4th tsp salt and bring it to boil.
- once the water is boiled add the muthias one by one.
- Cover and cook till muthias are cooked.
- Mix 2 tbsp Nestlé A+ Curd and mix well.
- Serve hot garnished with 1 tbsp coriander. Enjoy.