

# TIKKI

## BEST FOR

Morning Detox Drink

Breakfast

Lunch

Mid-Meal

Dinner

An Occasional Treat

*These tikkis are made of only vegetables. We replaced potato with bottle guard to make them easily digestible. They taste delicious paired with the two chutneys.*

## INGREDIENTS

MAKES 7 TIKKIS

### Tikki

- $\frac{3}{4}$  cup bottle guard, finely grated
- $\frac{1}{2}$  cup cauliflower, chopped
- $\frac{1}{8}$  cup green peas
- $\frac{1}{8}$  cup carrot, chopped
- 1  $\frac{1}{2}$  tablespoon flax seed, powdered\*
- 1 tablespoon coriander, chopped
- $\frac{1}{2}$  tablespoon mint leaves, chopped
- 1 teaspoon green chillies, finely chopped
- $\frac{1}{2}$  teaspoon cumin seeds
- 1 teaspoon lemon juice
- $\frac{1}{4}$  teaspoon rock salt
- extra flax seed powder for rolling

\*Flax seed powder is made by blending dry flax seeds in a blender.

**Sweet Date Chutney (pg 81)**

**Green Chutney (pg 81)**

## METHOD

1. To prepare the tikkis, add all ingredients, except for salt and bottle guard, to your blender and blend till combined.
2. Take out this batter in a bowl.
3. Take the grated bottle gourd and squeeze out the water from it.
4. Combine the squeezed bottle gourd with the batter.
5. Add salt to the batter right before rolling the tikkis.
6. Divide the mixture into 7 equal balls, and flatten each ball to form a thin tikki. Roll the tikkis in flax powder till they are evenly coated.
7. Heat a pan (griddle) and cook the tikkis on a medium flame. Press them using a spatula till they are fully cooked and turn golden brown from both sides. Do not use oil.
8. Serve hot with Sweet Date Chutney and Green Chutney.