

Vrat Seekh Kabab

Ingredients

- Grated boiled potato - 1 cup
- Grated carrots - handful
- Grated bottlegourd - handful
- Finely chopped green chillies
- Finely chopped coriander
- Juice of 1 lemon
- Grated Paneer - optional
- Sainda namak
- Black pepper
- Any Vrat flour - 2 tbspn
(We use Rajgiri)
- Skewers/seekh (optional)
- Oil to grill on Tawa

Method:

- Mix everything together in a bowl. Make sure that the batter is very smooth.
- If the kabab is sticky and loose add more flour and adjust the spices
- Roll the kababs over seekh and roast over a hot tawa using some oil.
- Keep rolling the kababs to ensure proper roasting on all sides
- Serve with vrat special green chutney or dip

PS: Potao can be replaced with raw banana or boild arbi or sweet potato for healthier alternatives



Vrat Dosa

Ingredients

For Dosa:

- Sama Rice - 1 cup
- Sabudana - 1/4 cup
- Curd - 1/4 cup
- Rajgiri flour - 2 tablespoon
- vegetable oil to cook
- Saindha Namak - as per taste
- Vrat aalu masala (optional)

For Chutney:

- Coconut (fresh/dry) 100 gms
- Sainda namak
- Black pepper
- Tamarind - 1 inch
- Chutney Tadka
- Vegetable oil
- Jeera

Method:

- Wash thoroughly and Soak Sabudana and sama rice together for 4 hours
- After 4 hours, drain all the water and grind with curd
- If needed add some water, but make sure that the batter is not runny
- Add Rajgiri flour to the mix and some water if needed. Add some salt.
- Make dosas on a hot tawa as you would make the regular dosa
- Serve hot with chutney
- For chutney -Grind everything together and then give it a quick tadka

