Dinner, Indian

# Baked Green Pea Stuffed Kochuri

Soft whole wheat and jowar atta dough circles are stuffed with a spiced matar paste and baked until golden. Serve them hot with green chutney for a comforting Bengali snack.

| 80 min | 50 | 8 g | 1.1 g |
|---|---|---|---|
| time | calories | carbs | sugars |



Vegetarian | Low fat

## Ingredients, 12 servings

- [ ] 3/4 cup whole wheat flour (gehun ka atta)
- [ ] 1/4 cup jowar atta (jowar flour)
- [ ] 1 tsp oil
- [ ] salt (namak) to taste
- [ ] 1 tsp nigella seeds (kalonji)
- [ ] 1 cup matar (green peas)
- [ ] 2 tsp aniseed (vilayati saunf)
- [ ] 1/4 tsp nigella seeds (kalonji)
- [ ] 5 black peppercorns (kalimirch)
- [ ] salt (namak) to taste
- [ ] 1 tsp sugar
- [ ] 1 tsp oil
- [ ] 1 tsp oil for brushing
- [ ] green chutney

## Nutrition Facts

Per serving

| | |
|---|---|
| **Calories** | **50** |
| **Total fat** | 1.2 g |
| Saturated fat | Not listed |
| **Sodium** | 2 mg |
| **Total carbs** | 8 g |
| Fiber | 1.2 g |
| Total sugars | 1.1 g |
| **Protein** | 1.7 g |

## Method

- [ ] **1** For the dough, mix the whole wheat flour, jowar atta (jowar flour), salt, 1 tsp nigella seeds and 1 tsp oil in a deep bowl. Add enough water and knead until you get a semi stiff dough. Cover it with a lid and let it rest for 10 minutes.
- [ ] **2** Put the matar (green peas) in a mixer jar along with the aniseed (vilayati saunf), the 1/4 tsp nigella seeds, black peppercorns, salt and sugar. Run the mixer until everything turns into a smooth paste, adding no water at all.
- [ ] **3** Warm 1 tsp oil in a broad nonstick pan, tip in this ground paste and cook it over a medium flame for 2 to 3 minutes. Take the pan off the heat and keep the filling aside.
- [ ] **4** Once the filling has cooled, split it into 14 equal portions and set them aside.
- [ ] **5** Split the rested dough into 14 equal portions as well and set them aside.
- [ ] **6** Take one dough portion and roll it into a thin circle of 75 mm. (3") diameter, using no flour at all while rolling.
- [ ] **7** Put one filling portion in the middle of the circle, gather all the edges over it, pinch them closed tightly and press the filled ball down gently.
- [ ] **8** Prepare 13 more kochuris the same way with the remaining dough and filling.
- [ ] **9** Lightly brush every kochuri with the oil kept for brushing and arrange them on a greased baking tray.
- [ ] **10** Bake in a preheated oven at 200°c (400°f) for 15 minutes, flip the kochuris over and bake them for a further 15 minutes.
- [ ] **11** Let them cool a little and serve at once with green chutney.

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