Dinner, Indian

Crisp Poha Ragi Handvo with Vegetables

Soaked beaten rice and ragi flour come together with grated bottle gourd, carrot and green peas in these soft-centred handvo cakes, lifted by a lively mustard and sesame tempering. Pan cooking gives each one a golden, crisp outside while the middle stays tender.



Low fat

75 min	125	20.1 g	3 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1 cup thick beaten rice (jada poha) , washed and drained
- [ ] 1/2 cup ragi (nachni , red millet) flour
- [ ] 1/2 cup dahi (curd)
- [ ] 1/2 cup grated bottle gourd (doodhi / lauki)
- [ ] 1/2 cup grated carrot
- [ ] 1/4 cup boiled green peas
- [ ] 2 tsp ginger-green chilli paste
- [ ] 1 tsp sugar
- [ ] 1/8 tsp haldi powder (turmeric powder)
- [ ] 1/8 tsp red chilli powder
- [ ] 1/4 tsp salt (namak)
- [ ] 1 tsp oil
- [ ] 1 tsp mustard seeds (rai / sarson)
- [ ] 2 tsp sesame seeds (til)
- [ ] 1/8 tsp asafoetida (hing)
- [ ] 1 tsp oil for greasing

Nutrition Facts

Per serving

Calories	**125**
Total fat	3.3 g
Saturated fat	Not listed
Sodium	138 mg
Total carbs	20.1 g
Fiber	2.6 g
Total sugars	3 g
Protein	2.9 g

Method

- [ ] **1** Take a deep bowl, pour in the dahi (curd) together with 1½ cups of water, and whisk until well blended.
- [ ] **2** Tip the thick beaten rice (jada poha) into this liquid, give everything a good stir, and let it soak for 20 minutes.
- [ ] **3** Fold the grated bottle gourd, grated carrot, boiled green peas, ginger-green chilli paste, sugar, haldi powder, red chilli powder and salt into the soaked mixture, stirring well, then set the bowl aside.
- [ ] **4** Warm 1 tsp of oil in a small non-stick pan, drop in the mustard seeds, sesame seeds and asafoetida (hing), and let them sizzle over a medium flame for 30 seconds.
- [ ] **5** Pour this sizzling tempering over the poha and vegetable mixture and stir so it is evenly distributed.
- [ ] **6** Sprinkle the ragi (nachni) flour into the bowl and work it in until no dry streaks remain.
- [ ] **7** Split the finished batter into 6 equal portions.
- [ ] **8** Set a 100 mm (4 inch) non-stick pan over the heat and brush it with a little of the oil for greasing. Spread one portion of batter across the pan, cover with a lid and let it cook on a medium flame for 10 to 12 minutes or until both sides take on a golden brown colour.

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- [ ] **9** Cook the remaining portions one by one in the same way until you have 5 more handvo pieces.
- [ ] **10** Slice every handvo into 4 equal pieces and serve them straightaway.