Breakfast, Indian

Crispy Tava Oats and Paneer Tikkis

Soft vegetable and paneer patties bound with oats, dipped in milk, coated in more oats and pan cooked on a tava until golden on both sides. Warm Indian spices like ginger-green chilli paste, amchur and garam masala give these little rounds a familiar, comforting flavour.



Low fat

30 min	108	16.5 g	1.4 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1 cup roasted quick cooking oats
- [ ] 1/4 cup grated low fat paneer (cottage cheese)
- [ ] 1/4 cup grated carrot
- [ ] 1/2 cup boiled , peeled and boiled and mashed potatoes
- [ ] 2 tbsp finely chopped coriander (dhania)
- [ ] 1 tsp lemon juice
- [ ] 1 tsp ginger-green chilli paste
- [ ] 1 tsp red chilli powder
- [ ] 1/2 tsp garam masala
- [ ] 1 tsp dried mango powder (amchur)
- [ ] None salt (namak) to taste, restricted salt for health
- [ ] 1/4 cup low fat milk (0.1% fat) for coating
- [ ] 1/2 cup quick cooking oats for coating
- [ ] 1 1/2 tsp oil for greasing and cooking

Nutrition Facts

Per serving

Calories	**108**
Total fat	2.5 g
Saturated fat	Not listed
Sodium	28 mg
Total carbs	16.5 g
Fiber	2.3 g
Total sugars	1.4 g
Protein	4.8 g

Method

- [ ] **1** Tip the roasted quick cooking oats, grated low fat paneer, grated carrot, boiled, peeled and mashed potatoes, finely chopped coriander, lemon juice, ginger-green chilli paste, red chilli powder, garam masala, dried mango powder and salt into a large bowl.
- [ ] **2** Mix everything together thoroughly until the mixture holds together well.
- [ ] **3** Divide the mixture into 6 equal portions and shape each portion into a flat 50 mm (2 inch) round tikki.
- [ ] **4** Dip each tikki in the low fat milk, then press it into the quick cooking oats for coating until both sides are evenly covered.
- [ ] **5** Place a non-stick tava (griddle) over the heat and grease it with 1/4 tsp of the oil.
- [ ] **6** Cook the tikkis on the tava, using 1/8 tsp of oil per tikki, until they turn golden brown on both sides.
- [ ] **7** Serve the tikkis hot.

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