Dinner, Indian

Steamed Spinach and Bottle Gourd Muthia

Soft steamed dumplings from Gujarat made with shredded spinach, grated bottle gourd, whole wheat flour and besan, then sliced and tossed in a sizzling tempering of mustard seeds and sesame seeds.



Dairy free

30 min	138	23.3 g	1.3 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1 1/4 cups whole wheat flour (gehun ka atta)
- [ ] 1 cup shredded spinach (palak)
- [ ] 1 cup grated bottle gourd (doodhi / lauki)
- [ ] 1/4 cup besan (gram flour)
- [ ] 1/2 tbsp adrak (ginger)
- [ ] 1 1/2 tsp green chilli paste
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] 1/2 tbsp sesame seeds (til)
- [ ] 1/4 cup chopped coriander (dhania)
- [ ] salt (namak) to taste
- [ ] a pinch baking soda
- [ ] 2 tsp oil
- [ ] 1 tsp mustard seeds (rai / sarson)
- [ ] 1/2 tbsp sesame seeds (til)
- [ ] 1/4 tsp asafoetida (hing)

Nutrition Facts

Per serving

Calories	**138**
Total fat	3.2 g
Saturated fat	Not listed
Sodium	15 mg
Total carbs	23.3 g
Fiber	4.8 g
Total sugars	1.3 g
Protein	4.8 g

Method

- [ ] **1** Tip the whole wheat flour, shredded spinach, grated bottle gourd, besan, adrak (ginger), green chilli paste, haldi powder (turmeric powder), sesame seeds, chopped coriander (dhania), salt and baking soda into a deep bowl.
- [ ] **2** Knead everything into a soft dough that just holds together, without adding any water.
- [ ] **3** Split the dough into 2 equal portions and shape each portion into a cylinder.
- [ ] **4** Set the rolls on a greased sieve and steam them in a steamer for 15 minutes, until a knife pushed into a muthia comes out clean.
- [ ] **5** Take the rolls out of the steamer, let them cool a little, then cut them into 25 mm (1 inch) slices.
- [ ] **6** Warm 2 tsp oil in a broad non stick pan, add the mustard seeds, sesame seeds and asafoetida, and saute for a few seconds.
- [ ] **7** Tip in the muthiya slices, toss to coat them well and cook on a medium flame for 2 to 3 minutes.
- [ ] **8** Serve the muthia hot.

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