Snack, Indian

Tangy Baked Masala Sev Strands

Strands of besan dough flavoured with fresh tomato pulp and a blend of warming spices are pressed out and baked until crisp, giving you a tangy, crunchy snack to keep stored for whenever you want it.



Vegan | Dairy free

45 min	24	3.4 g	1.4 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 1 cup besan (gram flour)
- [ ] 1/4 cup fresh tomato pulp
- [ ] 1/4 tsp asafoetida (hing)
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] 1 1/2 tsp red chilli powder
- [ ] 1/4 tsp freshly ground black pepper (kalimirch)
- [ ] 1 tsp oil
- [ ] salt (namak) to taste

Method

- [ ] **1** Tip the besan (gram flour) into a deep bowl and add the fresh tomato pulp, asafoetida (hing), haldi powder (turmeric powder), red chilli powder, freshly ground black pepper (kalimirch), oil and salt (namak).
- [ ] **2** Work everything together well and knead it into a soft dough, adding no water at all.
- [ ] **3** Roll the dough into a cylindrical shape and load it into a sev press.
- [ ] **4** Press thin strands from the sev press onto a greased baking tray.
- [ ] **5** Bake in a preheated oven at 200°C (400°F) for 14 minutes, turning the strands over once 9 minutes have passed.
- [ ] **6** Break the strands into pieces and return them to the oven for a further 5 minutes, giving them a toss twice during that time.
- [ ] **7** Let the pieces cool completely, then break any larger ones into smaller bits.
- [ ] **8** Keep the baked masala sev in an air-tight container and take out what you need as required.

Nutrition Facts

Per serving

Calories	**24**
Total fat	0.6 g
Saturated fat	Not listed
Sodium	4 mg
Total carbs	3.4 g
Fiber	0.9 g
Total sugars	1.4 g
Protein	1.2 g

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