



Hara bhara kebab

Tell the story of the recipe...

Ingredients

How many servings?

- 1 cup Spinach - blanched
- 1 Capsicum - chopped
- 1/2 cup French beans - chopped
- 1/2 cup Green peas
- 1/2 cup Cottage cheese - grated
- 2 medium sized Boiled Potatoes
- Bread crumbs
- Salt
- Garam masala
- Coriander powder
- Red chilly powder
- Dry mango powder
- Oil

Steps

How long to cook?

- 1 In a wok, add 1 tsp cooking oil, chopped beans, capsicum, green peas and saute well for 5-7 mins. Once it cools down, grind it with blanched spinach.
- 2 In a bowl, take this mix, add grated cottage cheese, mashed boiled potato & 1 cup bread crumbs. Add salt to taste, 1 tsp each of garam masala, coriander powder, red chilly powder, dry mango powder and mix well.
- 3 Set OTG to preheat at 250 deg for 15 mins. Take a ball sized portions & wrap it around kebab skewer nicely. Brush lightly with oil.
- 4 Now, set these kebabs to grill for 20 mins.
- 5 Serve hot!!

