



## Mixed Vegetable Cutlet



### Mixed Vegetable Cutlets for four pax

#### Ingredients:

- Potatoes boiled peeled and mashed 5-6
- French beans blanched and chopped 5-6
- Beetroot grated 1 medium
- Carrots grated 1 medium
- Green peas blanched and crushed 1/2 cup
- Oil 2 tablespoon to shallow fry
- Cumin seeds 1/2 teaspoon
- Ginger finely chopped 1 inch piece
- Onion finely chopped 1 medium
- Green chillies finely chopped 1-2
- Red chilli powder 1 teaspoon
- Turmeric powder 1/4 teaspoon
- Salt to taste
- Cashew nuts crushed 10
- Maida 2 tablespoons
- Fresh coriander leaves chopped 2 tablespoons
- Lemon juice 1 tablespoon
- Bread crumbs 1 cup

## Method:

1. Heat two tablespoons of oil in a pan. Add cumin seeds, ginger and onion and sauté for two minutes. Add green chillies, red chilli powder, turmeric powder and sauté for a minute.
2. Add French beans, beetroot, green peas and mix. Add salt and continue to sauté for two minutes. Add crushed cashewnuts and refined flour and sauté for two minutes. Set aside.
3. Take mashed potatoes in a deep bowl. Add the vegetable mixture and mix well. Add coriander leaves and adjust salt. Add lemon juice and mix.
4. Heat sufficient oil in another pan.
5. Take the mixture, shape into roundels and roll in breadcrumbs. Press lightly and make the patty and place them in the pan. Shallow-fry till both the sides are evenly golden.

Thanks & Regards

Chef rawat