

Cottage Cheese and Spinach Manchurian

Servings: 2

Ingredients:

- Cottage Cheese (Cow's Milk) - 100 g
- Spinach Leaves - 1 cup
- Oats Powder - 15 g
- Oil - 1 teaspoon
- Garlic - 2 cloves
- Sesame seeds - 10 g
- Capsicum/Bell peppers - 50 g
- Cabbage - 50 g
- Salt and Pepper - to taste
- Soy sauce - 1 teaspoon
- Lime juice - 2 teaspoon

Method of Preparation:

- Grate cottage cheese or mash with hands and mix with oats powder and salt to make small balls from the dough
- Steam balls (like idli) for 10 minutes and keep aside
- In a sauce pan, add oil followed by finely chopped garlic and sesame seeds (allow to flutter)
- Add finely chopped vegetables, salt, pepper, soy sauce and lime juice and stir fry for 2 -3 minutes followed by cottage cheese balls, mix well and serve hot.



Energy (kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Fiber (g)
118	9.3	8	5.5	3