

# Ragi Kebabs

Servings: 2

Ingredients:

- Ragi flour & Besan - 2 tablespoons each
- Oats - 2 tablespoons
- Paneer (grated) - 1/2 cup
- Onion, Cauliflower & Cabbage (chopped) - 1/2 cup
- Ginger, Garlic and Chilli paste - 2 teaspoons
- Garam masala, salt, dry mango powder - to taste
- Chopped coriander
- Oil - 2 teaspoons

Method of Preparation:

- Add a teaspoon of oil in a non-stick pan and saute chopped onions and add ginger, garlic and chilli paste
- Add all remaining vegetables and stir fry for five minutes
- Followed by adding grated paneer and spices
- Lastly, add ragi and besan
- Combine well to form a soft dough, add some water if required.
- Divide the portion into 2 inch size balls and mould to form kebab like or shape of your choice
- Dip kebabs in milk and cover with oats
- Brush a little oil and bake it in oven till golden and crisp. You can also pan fry with minimal oil
- Serve hot with dip of your choice



Energy (kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Fiber (g)
260	32.5	10.5	10	6.5