

Phool Makhana Tikki (Foxnut tikki)

Ingredients :

- 2 boiled potato / sweet potato
- 1 cup makhana (lotus seeds)
- 2 tbsp amaranth/rajgira flour (to bind the tikki)
- chopped green chillies (optional)
- 1/2 tsp roasted peanuts / moongphali (unsalted), crushed or 1 tbsp boiled moong or boiled peas
- chopped coriander leaves – to garnish
- 1/4 tsp red chilli/black pepper powder
- 1/4 tsp roasted jeera powder
- salt to taste
- A2 ghee/ coconut oil

Method :

1. First roast the makhana in a pan with little bit of ghee until crunchy and coarsely powder it.
2. Mash the boiled potatoes/sweet potatoes.
3. Mix mashed potatoes, coarsely powdered makhana, amaranth flour, crushed peanuts / boiled peas / boiled moong coriander leaves, chopped green chillies which is optional.
4. Add the salt and spices (red chilli / black pepper) according to your taste.
5. Shape the mixture into small cutlets and pan fry them in coconut oil / A2 ghee.
6. Flip gently & cook from both the sides. Apply a little oil/ghee if needed.
7. Serve the tikki hot with chutney.

Notes:

- Makhana/lotus seeds are extremely good source of manganese, potassium, magnesium, thiamine, protein and phosphorus.
- Amaranth flour is versatile, full of nutrition and used during fasting too.
- It contains all nine essential amino acids and lysine, a protein missing in most grains.
- Amaranth is a good source of iron, magnesium, calcium and phosphorus too.

