

Chickpea & Spinach Tikki

Ingredients :

- Spinach leaves (palak) blanched, drained and chopped - 1 medium bunch (can use fresh coriander also as per the availability of fresh greens)
- Chickpeas (chole) soaked overnight and boiled - ½ cup
- Green chillies - 2
- Garlic cloves - 4-5
- Grated ginger - 2 tsp
- Salt to taste
- Garam masala powder -1 tsp
- Chaat masala - 1 tsp
- Soaked poha (beaten rice) for binding - 1 tbsp
- Cold pressed coconut Oil for shallow greasing

Method :

1. Squeeze out excess water from chopped, blanched spinach and place in a grinder jar. Add chopped green chillies, garlic cloves, ginger and grind.
2. Add boiled chickpeas and grind again.
3. Add salt, garam masala powder, chaat masala and grind into a coarse mixture.
4. Transfer into a bowl and refrigerate for 15-20 minutes.
5. After removing it out from the refrigerator, add soaked poha to the spinach mixture and mix well.
6. Grease your palms with oil and divide the spinach mixture into equal portions and shape them into balls/tikkis as per choice.
7. Place tikkis in the pan and shallow-fry, turning sides till evenly golden from both sides.
8. Drain on absorbent paper.
9. Serve hot with fresh coriander chutney.

Variations:

- One can replace white chickpeas with black chana/ lobhia/ rajma (pre-soaked).
- One can replace the chickpeas with steamed sprouts too.

Notes:

- Chickpeas are rich in fibre, iron, vitamin B (folate) and calcium.
- Folate is a B vitamin present abundantly in spinach that is imperative to healthy infant development.
- Relish and enjoy the hot snack or roll it with in a roti too as per choice and preferences.
- Prefer garden grown or organic spinach always.

