DALIA PATTIES





Dalia Patties

- 2 tablespoon dalia (broken wheat or lapsi)
- 2 tablespoon sweet corn (steamed and mashed)
- 2 teaspoons green peas (cooked)
- 1 medium-sized carrot (grated) or capsicum or any other vegetables like beans
- 1 teaspoon ginger-chilli paste
- 1 teaspoon oil
- Salt to taste



Method

• Soak dalia in water for 2 hours. Mix dalia, sweet corn, green peas, carrot, salt and ginger-chilli paste, well. Flatten the mixture into 5-6 patties. Smear oil on a pan and cook the patties till done; or bake in an oven till done. Serve hot.

Serving suggestion:

• Goes well with mint chutney or tomato sauce.





