

Recipe- Aalu Tikki Toast

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Ingredients

Bread Slices 6
Boiled Potato 1 medium (Grated)
Onion 1 medium (Roughly Chopped)
Hing /Asafoetida 1 pinch
Roasted Jeera Powder 1 tsp
Red Chilli Powder 1 tsp
Lemon Juice 1 tsp
Black Salt 0.5 tsp
Salt 0.5 tsp (or according to taste)

Method

- Take grated boiled potato in a bowl.
- Add roughly chopped onion, hing, roasted jeera powder, red chilli powder, black salt and salt, mix well.
- Now add lemon juice and mix to a smooth paste.
- Spread the potato (aalu) paste over the bread slices.
- Heat a non stick tawa on medium flame.
- Apply 1 tsp ghee or oil on the aalu paste side of breads and fry on tawa at low flame.
- Turn and fry the other side of bread till it becomes crispy.

- Enjoy with ketchup.

Tips

If serving to kids, adjust salt and chili according to your child's taste and tolerance.

“Be Vegetarian be Happy”

“Live and Let Live”