

BEETROOT CHEESE TIKKI

Ingredients

1 cup grated boiled beetroot
2-3 tablespoons cream cheese
1 tablespoon ghee + for shallow-frying
½ teaspoon cumin seeds (*jeera*)
1 tablespoon chopped garlic
½ teaspoon chopped green chillies
½ tablespoon chopped ginger
1 medium onion, finely chopped
Salt to taste
1 teaspoon dried fenugreek leaves (*kasoori methi*) powder
5-6 fresh basil leaves
2 medium sweet potatoes, boiled, peeled and mashed
1 tablespoon cornflour
Microgreens for garnishing
Green chutney to serve

Method

1. Heat ghee in a non-stick pan. Add cumin seeds, garlic, green chillies and ginger and sauté for 30 seconds.
2. Add onions, mix and sauté till translucent. Add beetroot, mix and cook for 5-7 minutes.
3. Add salt, mix and sauté for 1 minute. Add dried fenugreek leaves powder and mix. Remove from heat and allow to cool.
4. Mix together cream cheese and torn basil leaves in a bowl.
5. Transfer the beetroot mixture in a large bowl. Add sweet potatoes and mix well. Add cornflour and mix.
6. Divide the beetroot mixture into equal portions, stuff with a spoonful of cream cheese mixture and shape into *tikkis*.
7. Heat some ghee on a non-stick pan. Place *tikkis* on it and shallow-fry till evenly done from both sides. Drain on absorbent paper.
8. Garnish with micro greens and serve hot with green chutney.