



## DALIA PATTIES

- 2 tablespoons dalia (broken wheat or lapsi)
- 2 tablespoons 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 it hot.

### **Serving suggestion:**

- Goes well with mint chutney or tomato sauce

**Serves:** 4-5 people

**Quick tips:** Treat with a twist. Use of broken whole wheat and vegetables makes these patties a good breakfast recipe.