Rajma Aloo Cutlet Sandwich Recipe / No Cheese Sandwich



Rajma aloo cutlet sandwich makes a wonderful breakfast. This protein rich, heart healthy sandwich is without cheese. What

adds a flavor and taste to this rajma cutlet sandwich are rajma cutlet, onion, cucumber and tomato. They are simple to make and exotic in taste. Even diabetic people can have this sandwich. Anyone who love rajma will surely enjoy this sandwich. You can have this no cheese sandwich for breakfast or for lunch or dinner.

Ingredients for Rajma Aloo Cutlet Sandwich Recipe

Preparation Time: 5 mins Cooking Time : 5 mins Serves: 1

- 1 Rajma Cutlet
- 2 Wheat Bread Slices
- 2 Cucumber Slices
- 2 Tomato Slices
- 1 Onion Slice
- 1 Tsp of Ghee

Method for Rajma Aloo Cutlet Sandwich Recipe

- Spread the ghee on one side of each bread and toast it in a toaster until it turns crisp.
- Wash and slice the onion, tomato and cucumber.
- Prepare the rajma cutlet as per the recipe . For recipe click here rajma cutlet.
- Assemble the sandwich by placing cucumber, onion, tomato and cutlet . Gently press both the bread together.
- Slice the sandwich diagonally to create finger sandwich.
- Yummy, healthy sandwich is ready to serve.

Tips

- You can have mayonnaise or cheese or any dressing in your sandwich.
- You can also use lettuce in your sandwich.
- Add butter in place of ghee.

Tags:



rajma cutlet sandwich, rajma aloo cutlet sandwich recipe, sandwich recipe, heart healthy sandwich, rajma recipe

Rajma Cutlet / Rajma Aloo Tikki / Kidney Beans Patties



Rajma Cutlet / Rajma Aloo Tikki / Kidney Beans Patties are healthy and nutritive snacks for kids and adults. This potato rajma cutlets are power packed food as rajma are rich in protein and aloo (potato) are rich in carbohydrates. Both protein and carbs plays an important part in helping you to shed extra pounds. I always use rajma (kidney beans) to make

rajma masala or rajma capsicum curry or rajma paratha. This time I prepared rajma aloo cutlet to make sandwich. I will post rajma cutlet sandwich recipe tomorrow. Coming to the recipe, I used kashmiri rajma and I wanted to make kidney bean patties more healthier so I shallow fried the cutlets with less oil instead of deep-frying. Add veggies to the cutlet to enhance nutrition and you can pack this for kids lunch box. Try this easy rajma cutlet recipe and let me know the feedback.

How to make Potato Rajma Cutlet

Ingredients for Rajma Cutlets

Preparation Time : 15 mins+ overnight soaking Cooking Time : 35 mins Serves: 10 Cutlets

• 3/4 Cup of Rajma (Red Kidney Beans)

• 3 Potatoes

• 4 Garlic Cloves and 1 Inch of Ginger, crushed using mortar and pestle

• 5 Curry Leaves, Finely Chopped

• Pinch of Asafoetida

• Handful of Coriander Leaves, Chopped

• 2-3 Tbsp of Besan Flour (Gram Flour)

• 2 Tsp of Red Chilli Powder

• 1 Tsp of Cumin Powder

• 1/2 Tsp of Garam Masala

• 1/2 Tsp of Kasuri Methi (Dried Fenugreek Leaves)

• Salt to taste

• Oil for shallow frying

• Bread Crumbs from 3 toasted bread or store bought

Method for Rajma Cutlets

• Soak rajma (kidney beans) in water for overnight. Next day, drain the water and transfer it to pressure cooker, add enough water. Pressure cook for 12 – 15 whistles and turn it off.

• Meanwhile, wash the potatoes and microwave it for 5 mins for each potato or pressure cook it for 3 whistles. Peel off the skin of potatoes, mash it and set it aside.

• In a blender, grind the beans coarsely, don’t add water while grinding.

• Heat a pan with oil, add ginger-garlic paste, fry for a min, add curry leaves, coriander leaves, asafoetida, red chilly powder, cumin powder and garam masala, fry for a min. Add kasuri methi, mix well and turn it off. Transfer this masala mixture to a mixing bowl, add mashed potatoes, ground beans, besan flour, add salt, combine well with your fingers. If your mixture comes out dry, sprinkle some water, mix well and form like a dough.

• Pinch a small portions from the dough and roll into balls. Flatten the balls with your palm into cutlets.

• Roll the cutlets in bread crumbs. Heat a cast iron pan, add a tbsp of oil, spread it using paper towel, place cutlet and drizzle a tsp of oil on the sides of the cutlets, cook for few mins and flip to the other side using spatula and drizzle a tsp of oil again, cook on low flame until it turns golden colour. Carefully remove from the pan.

• Yummy rajma cutlet are ready to serve.

Tips

• Serve with ketchup or as sandwich by placing them between breads.

• You can have mixed vegetables in place of aloo (potato).

• Always cook cutlet in medium flame, please take more time to cook, as rajma can cause flatulence or digestive issues.

• If you don’t have breadcrumbs, just toast it in oil without crumbs

• You can also deep fry the cutlet instead of shallow frying like I did.

• Add more gram flour if your dough is watery.



Tags: rajma aloo cutlet, rajma cutlet, rajma aloo tikki, kidney bean cutlet recipe, red kidney beans patties, rajma tikki, rajma potato patties, rajma potato cutlet, how to make rajma cutlet, prepare rajma tikki at home, cutlet recipe, tikki recipe, patty with kashmiri rajma, rajma recipe, snacks for kids, breakfast recipe.

Araikeerai Kadaiyal / Keerai Kadaiyal Recipe



This is easy, yummy and nutritious south Indian style araikeerai recipe. I love araikeerai kadaiyal a lot. (Araikkeerai means Amaranthus, Indian spinach, Kadaiyal means puree). Though I prepared this kadaiyal with araikeerai, you can also prepare this kadaiyal with mullaikeerai or seerukeerai or palak keerai (spinach) or paruppu keerai. When I was young, my mom used to give keerai sadham for lunch box by mixing this keerai kadaiyal with rice and ghee. Potato fry or colocasia fry goes well with this keerai rice. This is my mom's version of keerai masiyal. I don't get araikeerai in my place (US) so when I was in India few months back, I made this keerai kadaiyal recipe at home and took photo using my mobile

for my blog. So try this south Indian style araikeerai kadaiyal for lunch with hot steamed rice and ghee.

Health Benefits of Araikeerai (Amaranthus tritis)

- Good source of dietary fiber, which helps in enhancing digestion.
- Oils in amaranth helps to treat hypertension and cardiovascular problems.
- Boosts immune system.
- Good for diabetes, hair and skin problems

Also check other keerai recipe

- Creamy spinach / Pasalakeerai masiyal
- Dal Palak / Spinach Dal
- Keerai Kootu
- Thandukeerai poriyal
- Vallarai Keerai Chutney
- Pulichakeerai Chutney (gongura)
- Murungakeerai soup (drumstick leaves soup)

How to make araikeerai kadaiyal recipe

Ingredients for Araikeerai Kadaiyal

Preparation Time : 10 mins Cooking Time : 10 mins Serves: 3

• 3 Cups of Araikeerai
• 1 Tomato
• 2 Green Chillies
• 10 Small Onions (Shallots)
• 7 Garlic Cloves
• Pinch of Tamarind
• Salt to taste

To Temper

• 2 Tsp of Gingelly Oil
• 1 Tsp of Mustard Seeds
• 1 Tsp of Urad Dal
• 1 Red Chilly
• Pinch of Hing (Asafoetida)

Method for Araikeerai Kadaiyal

• Clean the greens in tap water for 3 times. Chop it finely.
• Heat a pan with 1 cup of water, add onion, garlic, greenchilly, tomato, pinch of tamarind and araikeerai, allow it to boil for 7-10 mins until the leaves has wilted and cooked. Cool it for sometime.
• Transfer the mixture to a blender, add salt to it and grind well to a puree consistency and transfer it to a bowl.
• Heat a pan with oil, when it is hot, add mustard seeds, urad dal, red chilly and asafoetida, after it splutters, transfer this to bowl and mix well.
• Hot, tasty keerai kadaiyal is ready to serve with hot steamed rice and ghee.

Tips

• You can do the same kadaiyal with other greens like mullaikeerai or seerukeerai or pasalakeerai.
• Don’t buy yellowish or wilted greens for cooking.
• Use big onion instead of shallots.
• Add a pinch of sugar while cooking to retain green colour..This is optional.



Tags: araikeerai kadaiyal, araikeerai kadaiyal recipe, keerai kadaiyal recipe, seerukeerai kadaiyal, mulaikeerai kadaiyal, mashed Indian spinach, amaranthus recipe, araikeerai recipe, araikeerai masiyal, keerai masiyal., keerai recipe