

# [Rajma Aloo Cutlet Sandwich Recipe / No Cheese Sandwich](#)

# RAJMA CUTLET 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 ALOO CUTLET SANDWICH



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

rajma

---

**Rajma Cutlet / Rajma Aloo  
Tikki / Kidney Beans Patties**

# Kidney Beans Cutlet



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.

©foodybuddy.net



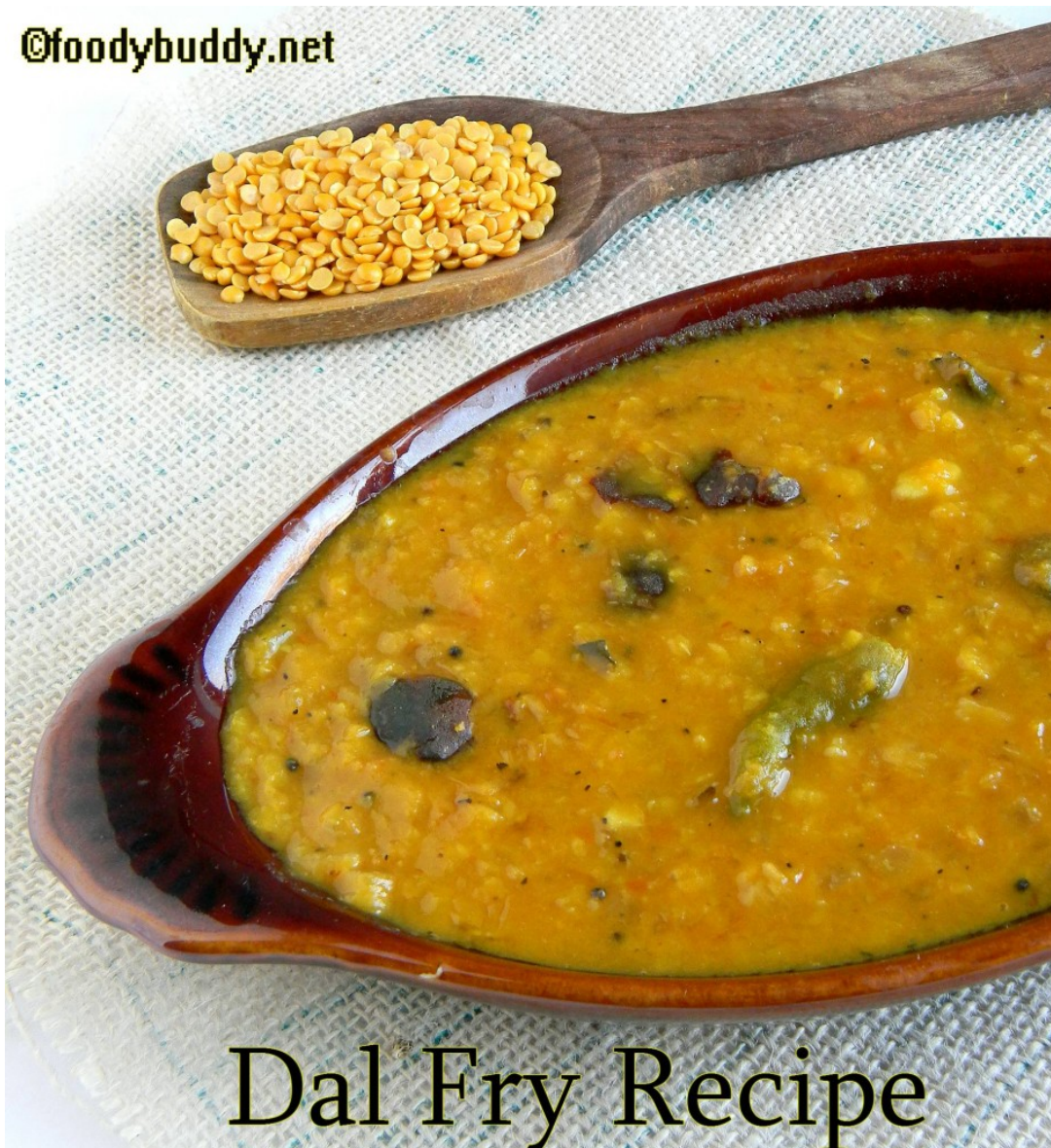
## Rajma Aloo Cutlet

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](#).

---

# Basic Dal Recipe / Uppu Paruppu Using Toor Dal (South Indian)

@foodybuddy.net



## Dal Fry Recipe

This is a very basic dal recipe using toor dal, is a common dish in every households in South India. I used to make this paruppu once in a week and I eat along with rice and rasam. Dals are high in protein, nutritious, flavorful and comforting food. This authentic south Indian dal recipe / paruppu is

mandatory dish in restaurants and south Indian wedding. Basically, toor dal are cooked in cooker which are finally tempered with spices and ghee. Actually this tempering in ghee adds a lot of flavor and taste to this dal. You can also make dal recipe using moong dal ([moong dal tadka](#)), already posted this recipe in my blog. With little variation of adding garam masala and kasuri methi to dal, you get North Indian style recipe of tadka dal fry. This dal recipe / uppu paruppu can be served with steamed rice and [potato fry](#) or [potato roast](#).

Also check my other dal recipes

- [Mixed Vegetable Poricha Kootu](#)
- [Vazhaipoo Kootu without Coconut](#)
- [Keerai Kootu / Amaranth Green Dal Curry](#)
- [Spinach dal fry](#)
- [Moong Dal Tadka](#)
- [Yellow Squash Kootu](#)
- [Whole Green Moong Dal](#)
- [Dal Maharani](#)
- [Kollu Dal / Horse Gram Dal](#)
- [Spinach-Bengal gram dal](#)
- [Fenugreek Flavored Lentil Curry](#)
- [Baby Bok Choy Dal](#)
- [Chow Chow Kadalai Paruppu Kootu](#)
- [Dal Makhani in crock pot and pressure cooker](#)

# Ingredients for Basic Dal Recipe (South Indian)

Preparation Time : 30 mins    Cooking Time: 15 mins    Serves: 3

## To Pressure Cook

- 1/2 Cup of Toor Dal
- 1/4 Tsp of Asafoetida
- 1/4 Tsp of Turmeric Powder
  - 1 Tsp of Salt
  - 1/2 Tsp of Oil
  - 3 Garlic Cloves
  - 1 Green Chilly
  - 1 Tomato, Large
  - 2 Cups of Water

## To Temper

- 1 Tsp of Gingelly Oil or any cooking Oil
  - 1 Tsp of Ghee (Clarified Butter)
    - 2 Red Chillies
    - 1 Tsp of Cumin
  - 1 Tsp of Mustard Seeds
    - 1/2 Tsp of Urad Dal
    - Few Curry Leaves
  - 1/4 Tsp of Black Pepper Powder(Optional)

## Method for Basic Dal Recipe (South Indian)

- Soak the toor dal in water for 30 mins. Wash and cook it in pressure cooker by adding all the ingredients in the list( To pressure cook). Cook this dal for 3-4 whistles.
- Heat a pan with ghee and oil, when it is hot, add red chillies, after it changes colour, add cumin, mustard seeds, urad dal, curry leaves, after it sizzles, add black pepper powder, fry well and now transfer this seasoning to dal, mix well. Check the salt.
- Serve hot with steamed rice.

## Tips

- Adjust the no of red chillies according to your spicy taste.
  - Adding black pepper powder is optional.
  - Adding ghee adds nice flavor to dal.



Tags: [dal recipe](#), [basic dal recipe](#), [hotel style dal recipe](#), [restaurant style dal recipe](#), [paruppu recipe](#), [uppu paruppu](#), [toor dal recipe](#), [toor dal tadka](#), [how to make dal recipe](#), [prepare paruppu recipe](#), [prepare toor dal recipe](#), [paruppu seivadhu epadi](#), [south indian style dal](#), [dal fry recipe](#), [tadka dal fry](#).