Rava Kara Paniyaram Recipe / Easy Breakfast Recipe



Rava Kara Paniyaram Recipe is a quick to make south Indian breakfast dish. This instant spicy paniyaram tastes delicious with coconut chutney or tomato chutney. I saw this recipe on a tv show few months back and I wanted to try it for long time. Yesterday I tried this sooji paniyaram for breakfast, it turned out awesome and it looks cute. They are golden crispy on outside and spongy on inside. You cannot keep counting on how many you ate, it just vanishes from the plate. You can add any vegetables or tiny bits of coconut to the batter to make this paniyaram even more tasty and healthy. Try this rava kara

paniyaram for kids after school snack, they will enjoy it for sure. Also check my chettinadu style kara paniyaram , quinoa paniyaram and oats paniyaram in my blog.

How to make Rava Kara Paniyaram recipe

Rava Kara Paniyaram Recipe / Easy Breakfast Recipe



Save Print
Prep time
15 mins
Cook time
30 mins
Total time
45 mins

Rava kara paniyaram is a quick to make Instant breakfast dish made with sooji, curd and spices. It goes well with coconut chutney or tomato chutney.
Author: Gayathri Ramanan
Recipe type: Breakfast
Cuisine: Indian
Serves: 20 small paniyaram
Ingredients

- 1 Cup of Roasted Rava (sooji)
- ½ Cup of Curd (Yogurt)
- ½ Inch of Ginger, Finely Chopped
- 2 Green Chilly, Finely Chopped

- ½ Tsp of Baking Soda
- ¾ Cup + 2 Tbsp of Water
- Salt to taste
- Oil as needed
- To Temper
- 1 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Few Curry leaves
- 1 Tsp of Channa Dal (bengal gram)
- Pinch of Turmeric Powder
- 1 Medium sized Red Onion, Finely Chopped

Instructions

1. Heat a pan, add rava dry roast it for few mins until nice aroma comes. Transfer it to a bowl, let it cool down for 5 mins.
2. To that bowl, add curd, green chilly, ginger, baking soda, salt and water. Mix it well.
3. Meanwhile, heat a pan with oil, temper it with mustard seeds, urad dal, bengal gram, curry leaves, after it pops up, add turmeric powder and onion, fry well until golden brown and transfer it to the batter and mix it well.
4. Heat the paniyaram pan, fill each hole with a tsp of oil and pour the spoonful of batter to each hole.
5. Cover it with a lid and cook it for few mins until it turns golden brown. Flip it to other side and cook for few mins.
6. Hot, yummy rava paniyaram is ready. Serve it with coconut chutney.

Notes
I recommend you to use cast iron paniyaram pan or non stick pan while making paniyaram.
You can enhance the taste by adding grated vegetables of your choice.
Adding ginger is for easy digestion.

Adjust the no of green chilly according to your taste.
You can also make paniyaram without tempering.



tags: rava kara paniyaram recipe, rava kuzhi paniyaram, kuzhi paniyaram, paniyaram recipe, Indian breakfast ideas, rava paniyaram, kara paniyaram recipe, spicy paniyaram recipe, sooji paniyaram, semolina paniyaram recipe, kids after school snack.

Indian Style Vegetarian Pasta Recipe



Indian style Vegetarian Pasta recipe is an easy, yummy kids breakfast dish made with basic pantry ingredients. Usually pasta can be made with sauces like tomato sauce or white sauce. This pasta recipe is made without sauce, here I used Indian aromatic spices and veggies to make the pasta dish more flavorful, healthy and tasty. You can pack this pasta for kids lunch box or it makes a great after school snack. Try it you will love it.

Also check my other pasta recipes

1. Mushroom tricolour pepper pasta
2. Pasta Salad with thousand Island dressing
3. Creamy Avocado Pasta
4. Chessy Vegetable Pasta
5. Basil Pesto Pasta
6. Elbow pasta with broccoli, tomatoes and olives

Indian Style Vegetarian Pasta Recipe



Save Print
Prep time
20 mins
Cook time
20 mins
Total time
40 mins

Indian Style Vegetarian Pasta Recipe is an easy , yummy kids breakfast dish made with fusilli pasta and Indian spices.
Author: Gayathri Ramanan
Recipe type: Breakfast
Cuisine: Indian
Serves: 2 people
Ingredients

- 1 Cup of Fusilli Pasta
- 1 Onion, Sliced
- 2 Garlic, Chopped
- 1 Tomato, Chopped

- 1 Carrot, Chopped
- 1 Capsicum, Chopped
- ¼ Tsp of Turmeric Powder
- 1 Tsp of Sambar Powder
- ½ Tsp of Garam Masala
- ¼ Tsp of Cumin Powder
- Salt to taste
- 2 Tsp of Butter or Olive Oil
- 1 Tsp of Mustard Seeds
- Few Curry Leaves
- Few Coriander Leaves
- 2 Spring Onions(green onion), Chopped

Instructions

1. Cook the pasta according to package instructions. Drain the water and keep it aside.
2. Heat a pan with oil or butter, add mustard seeds and curry leaves, after it pops up.
3. Add onion and garlic, fry until it turns golden brown colour.
4. Add tomato, fry until it turns soft.
5. Add all the masala powder- turmeric powder, sambar powder, cumin powder and garam masala, fry for a min.
6. Add all the veggies, fry well for a min and add water, cook it few mins. Do not over cook the veggies.
7. Add the pasta, mix really well and cook for sometimes until it absorbs all masala, finally garnish it with coriander leaves and chopped spring onions. Turn off the stove.
8. Serve hot with ketchup.

Notes
add any vegetables of your choice.
You can use any kinds of pasta.
Dont have sambar powder, add 2 tsp of coriander powder and 1 tsp of red chilly powder. Otherwise add pepper powder alone.
Butter adds a nice flavor.



Tags: Indian style Vegetarian Pasta recipe , vegetarian pasta recipe, pasta recipes vegetarian ideas, pasta recipe indian style, indian masala pasta, kids easy breakfast recipe.

Green Peas Sundal Recipe / Pachai Pattani Sundal



Green Peas Sundal Recipe / Pachai Pattani Sundal is a healthy, protein rich snack good for kids and adults. You can try any pulses like kollu(Horse gram), mochai (field beans), rajma (red kidney beans) or kondakadalai (chickpeas) by following this sundal recipe. Allready I have posted few sundal recipes like kondakadalai sundal, Sprouted Navadhanya sundal and peanut sundal Here in this recipe, I used frozen green peas. You can also use fresh green peas, if you get. Try this easy sundal recipe for navarathiri.

How to make green peas sundal recipe

Green Peas Sundal Recipe / Pachai Pattani Sundal



Save Print
Prep time
3 mins
Cook time
10 mins
Total time
13 mins

Green Peas Sundal Recipe / Pachai Pattani Sundal is a healthy and delicious snacks that can be made in few mins. Great for kids and adults as snacks or for navarathiri occasion.
Author: Gayathri Ramanan
Recipe type: snacks
Cuisine: indian
Serves: 2
Ingredients

- ⅔ Cup of Green Peas (Pachai Pattani) – Frozen
- 2 Tbsp of Freshly grated coconut
- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Pinch of Asafoetida
- 2 Red Chilly
- Few Curry Leaves

- ¼ Tsp of Turmeric Powder
- ¼ Tsp of Red Chilly Powder
- Salt to taste
- ¼ cup of Water

Instructions

1. Wash the green peas and keep it aside.
2. Heat a pan with oil, when it is hot, add red chilly, after it changes color, add mustard seeds, urad dal, asafoetida and curry leaves, after it pops up add green peas and salt, fry well for secs.
3. Add turmeric powder, red chilly powder, fry well for a min.
4. Add water, cover and cook it for 5 mins.
5. Finally add coconut, mix well and turn off the flame.
6. Hot, delicious green peas sundal is ready to eat.

Notes
You can replace with any pulses by following the same recipe.
If you don’t want coconut, you can avoid it.
If you like green chilly, add it and avoid red chilly powder.
Do not avoid red chilly that gives a nice flavor.



Tags: green peas sundal recipe, pachai pattani sundal, how to make pachai pattani sundal, how to prepare sundal recipe for navarathiri, easy navarathiri recipes, sundal recipes