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.

Rajma Capsicum Curry



Kidney beans is also called Rajma, is a well known pulse that is extensively used all over the world in the preparation of variety of dishes, particularly in dishes like rice, curries, salad or toppings. Kidney beans are rich in iron, protein, fiber and other minerals. Consumption of this beans gives you a healthy heart.

Coming to Rajma Capsicum Curry recipe, this dish is made from kidney beans(Rajma). You can use dried rajma or canned variety to make this curry. If you prefer to cook with the dried variety, soak the beans in water for at least eight hours, boil in a pressure cooker or crock pot, until they turn very soft. This Rajma Capsicum Curry is easy to make with the simple ingredients, delicious in taste with hot chapathi or

phulka or naan. Try this Rajma Capsicum Curry recipe and let me know your feedback.

- **Preparation Time : 30 Mins**
- **Cooking Time – 20 mins**
- **Serves -2**

Ingredients – Rajma Capsicum Curry

- 1.5 Cups of Cooked Rajma/ Kidney Beans
  1 Small Green Bell Pepper (Capsicum)
  1 Medium Onion, Finley Chopped (About 1/2 Cup)
  2 Medium Garlic Cloves, Minced
  1 Tsp of Fresh Ginger, Minced
  1/2 Tsp of Turmeric Powder
  2 Medium Size Tomatoes, Finely Chopped
  1.5 Tsp of Red Chilly Powder / Cayenne Pepper
  1/2 Tsp of Garam Masala
  Salt to taste
  1/4 Cup of Cilantro (Coriander Leaves), Finely Chopped
  1/2 Tsp of Cumin (Jeera)
  2 Tsp of Vegetable Oil

Method – Rajma Capsicum Curry

- Heat the oil in a skillet or a pan over medium heat.
- When the oil is hot, add the cumin seeds and fry until the lightly browned and fragrant, about 5 seconds.
- Stir in the onion, garlic, ginger and turmeric powder and cook, stirring occasionally, until the onion is soft, about 5 mins.
- Add the tomatoes, bell pepper, garam masala, red chilly powder and salt, cook until the tomatoes and bell peppers are soft, about 5 mins.

- Add the Kidney beans(Rajma) and 1 cup of water and bring the mixture to a boil. Reduce the heat to medium low, cover the pan and cook, stirring from time to time, until the mixture thickens and a sauce forms, about 10 mins.
- Add more water if prefer a thinner sauce. Transfer the beans to a serving dish, sprinkle with chopped cilantro and onion, and serve hot with chapathi or naan or phulka.



Tips

- You can add green chilly for more spicy taste.
- You can use dried kidney beans or canned beans to make this curry.
- Use butter or ghee to get a rich taste of curry.
- You can also add dried methi leaves for a different twist to the dish.

Health Benefits of Rajma(Red Kidney beans)

- Kidney beans are high in Iron and protein, it has eight essential amino acids in it.
- The darker the color of the beans has higher, the anti-oxidant content.
- Maintains the blood sugar.
- Good for brain.
- Improves bowel Movements
- High in magnesium and fiber helps in lowers the blood cholesterol levels.

