

# [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



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

rajma

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# Oats Aval Dosa Recipe / South Indian Dosa



## oats aval dosai

Dosa is a staple breakfast dish from South India. Today recipe is oats aval dosai / Oats Poha Dosa. They are crispy and yummy, easy to make breakfast dish. I already posted [oats dosa recipe](#) and [spongy aval dosa](#) recipe in my blog. This crispy dosa is a combination of oats, aval(poha), rice and dal. Here I used red aval and steel cuts oats, you can also

use quaker old fashioned oats or quick oats to make this oats aval dosa at home. This dosa is not only healthy also they are delicious in taste when you serve with [green chutney](#) or [tomato chutney](#) or even milagai podi.

## How to make Oats Aval Dosa Recipe

### **Ingredients – Oats Aval Dosa Recipe**

**Preparation Time : 10 hrs    Cooking Time: 30    Serves: 15 dosas**

- 2 Cups of Idly Rice / Boiled Rice
  - 1/2 Cup of Aval (Poha)
- 1/2 Cup of Oats, I used steel cut oats
  - 1/2 Cup of Urad Dal (Black Gram)
    - 1 Tsp of Fenugreek
    - Salt to taste
    - Oil as needed

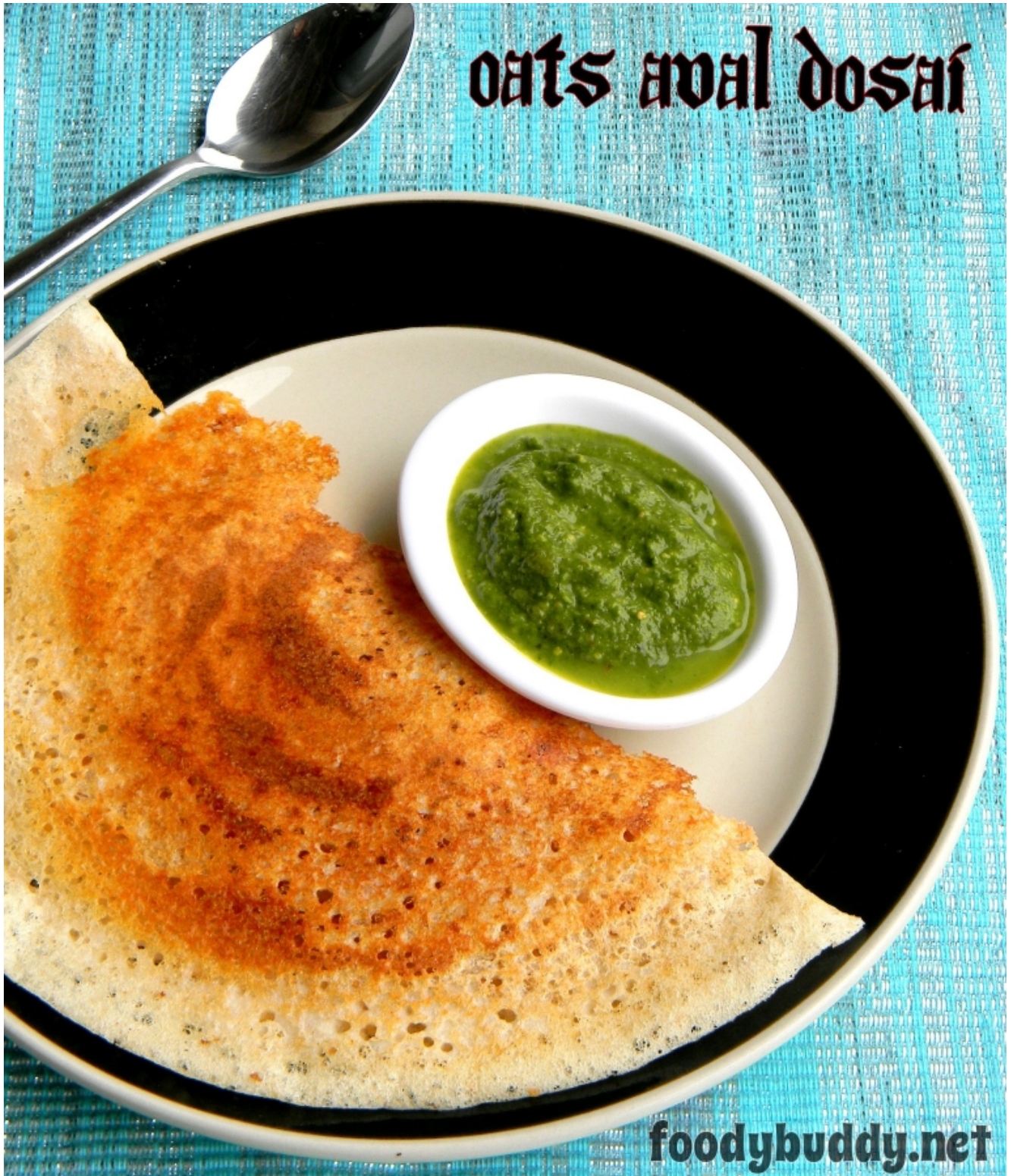
### **Method – Oats Aval Dosa Recipe**

- Soak rice and urad dal separately in water for overnight or at least 6 hrs. Soak fenugreek along with urad dal.
  - Soak oats and aval in a vessel for one hour before grinding.
- Next day, first grind urad dal and fenugreek to a smooth paste by adding required amount of water. Transfer this batter to a vessel.
- Then grind rice, aval and oats together to a smooth paste by adding required amount of water. Transfer this batter to the same vessel.
- Now mix everything along with salt and allow to ferment the batter for overnight.
- Heat a pan, take a ladleful of batter and spread it evenly on to the pan. Drizzle oil on sides of dosa. When dosa turns golden brown on bottom side, flip it and cook the other side for a min. Now hot and crispy oats aval dosa is ready to serve with your favourite chutney.

### **Tips**

- You can use the same batter to make idly.
- Add grated veggies to enhance nutrition to dosa.
- You can use quaker old fashioned oats or quick oats to make this dosa.

# oats aval dosai



Tags: [oats dosai](#), [oats aval dosa recipe](#), [aval dosa recipe](#), [how to make oats aval dosa recipe at home](#), [aval oats dosa](#), [aval recipes](#), [oats recipes for breakfast](#), [prepare oats aval dosa](#), [dosa recipes](#), [south indian dosa recipes](#), [how to make crispy dosa at home](#), [south indian breakfast recipes](#).

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# Soft Layered Chapathi Recipe / How to Make Layered Paratha



Have you tried square chapathi with layers inside them ?  
Today's recipe is soft layered chapathi, a flaky flat bread

popular in India and Pakistan. Another name for layered chapathi is Ghadichi chapathi. You can make this chapathi / paratha in triangle shape or square shape like I did. This multilayered chapathi is crispy on outside and soft on inside. My mom used to make this often at home and this is my appa's favourite. You can pack this square shaped layered paratha for kids lunch box. Beginners can also try this chapathi at home.

Making layered paratha is not that difficult, but you need little patience. You can serve with any side dish of your choice, I had it with potato kurma. I will post the recipe for [potato kurma](#) tomorrow. Today I will show how to make layer paratha at home. Also check my other [roti recipes](#) in my blog.

# Ingredients for soft layered chapathi recipe

Preparation time : 30 mins    Cooking Time: 30 mins    Serves:5

- 1 Cup of Whole Wheat Flour
- 1/2 Cup +1 Tbsp of Warm Water
- 3 Tsp of Oil or as needed
- Salt to taste
- 1 Tsp of Flax Seed Powder (Opt)

## Method for soft layered chapathi

- In a bowl, mix flour and salt. Make a well in the center and add water and 2 tsp of oil in it. Mix well with a fork. After few mins, keep mixing with hands until you get soft pliable dough. Apply a tsp of oil and knead it until you get smooth texture. Cover it with a damp cloth and let it stand for 30 mins. Make balls out of the dough.



- Place a ball on the rolling board. Dust it with some flour and start rolling it into 4" diameter. Apply some oil on top with your fingers, sprinkle some flour on it.
- Fold the chapathi one-third on one side and fold it one third on other side so that they overlap each other.
  - Fold it again one third on both sides. You will get square shaped dough. Roll it carefully to get square shaped chapathi as shown in the pic. Do the same for the rest of the dough.
- Heat tawa or griddle over medium heat. Now cook the chapathi in medium heat. When bubbles starts appearing, apply oil and flip it to the other side. Let the other side also get cooked.
  - Hot and soft yummy layered chapathi are ready to cook.

### Tips

- You can also make triangle shape paratha by following the same method.
  - Serve with raita or curry or pickle
  - Adding flax seed powder is optional.



Tags: [layered chapathi](#), [soft layered chapathi Recipe](#), [layered chapathi recipe](#), [how to make layered chapathi](#), [prepare layered chapathi](#), [layered paratha recipe](#), [how to make layered paratha](#), [square layered paratha](#), [paratha recipes](#), [chapathi recipes](#). [ghadichi chapathi recipe](#), [easy lunch box ideas](#).