



**KELLOGG'S OATS VEGGIE  
NUTRI CUTLETS**

## Kellogg's Oats Veggie Nutri Cutlets

**Preparation Time: 25 mins**

**Serves: 12**

### Ingredients

- 2-3 medium size raw banana (pressure cook for 1 whistle, cool, peel)
- ½ cup Kellogg's Oats
- 3 tbsp soya granules (soak in warm water for 10 mins, squeeze)
- 3 tbsp carrot (grated)
- 3 tbsp cabbage (grated)
- 3 tbsp capsicum (finely chopped)
- 2 tbsp onion (finely chopped)
- 3 tbsp roasted peanuts (peel & crush)
- 2 tsp flax seeds (slightly roasted)
- 2 tsp til (slightly roasted)
- 2-3 tsp ginger garlic paste
- 3 tbsp coriander leaves (finely chopped)
- 2-3 green chillies (finely chopped)
- ½ tsp or to taste red chillies
- ½ tsp garam masala powder
- salt as required
- 1 lemon (juice of one lime)
- vegetable oil as needed
- 2 tbsp Kellogg's Oats (powdered) as needed for dry coating
- 2 tbsp corn flour as needed for dry coating
- 1 tbsp fine rava as needed for dry coating

### Method

In a large mixing bowl, add the boiled peeled bananas, soya granules, Kellogg's Oats, carrots, cabbage, capsicum, onion, ginger-garlic paste, coriander leaves, chillies, dry spices, salt as required, crushed peanuts, flax seeds, til (sesame seeds) and lime juice

Mix well till evenly blended

Taste and adjust seasoning

Divide the mixture in to 12-14 portions

Dampen your palms and shape each portion into oval or oblong shaped cutlets about half an inch thick

Mix conflour and Kellogg's Oats powder with 1tbsp fine rava

Coat each cutlet in this dry mixture

Press gently and dust off excess of flour mixture

Heat a non-stick pan or flat tava

Smear a little oil on the pan

Place the cutlets on the pan and cook on medium heat on either side till done and crispy

Serve hot with mint chutney or ketchup