

Hara Bhara Kababs

Servings: about 5 (3 to 4 kababs per person)

Ingredients:

2 cups baby spinach
 ¾ cup shelled edamame
 ¾ cup green peas
 2 medium potatoes, peeled and boiled
 ½ cup flattened rice or thick poha, soaked in a little bit water. (Poha is readily available in any Indian grocery store. You can also substitute a slice of slightly wet bread.)
 1 cup cilantro
 2 to 3 green chilies or (black pepper to taste)
 Salt to taste
 Garam masala to taste (easily available at any Indian Grocery store)
 Fresh lemon juice

Kabab filling

2 cups grated/crumbled paneer/Indian cottage cheese (or use extra firm tofu).
 1 teaspoon salt
 1 teaspoon cumin seeds
 1 teaspoon ginger and green chili paste
 Garam Masala to taste
 Fresh lemon juice

Preparation:

1. Wash baby spinach well.
2. Blanch shelled edamame and green peas in boiling water for about one minute, then plunge into ice water.

3. In a food processor add spinach, peas, edamame, green chilies, cilantro, salt, and lemon juice. Pulse to coarsely grind them.
4. Add boiled and peeled potatoes. Grind well. Do not overdo it or the paste might turn mushy.
5. Put potatoes in a bowl, add poha or a bread slice as binding agent. (You could also add bread crumbs or cornstarch.) Add your binder a little at a time depending on the amount of moisture in the mixture. Put the mixture aside.
6. Now, prepare the paneer or tofu filling by mixing all the filling ingredients well.

Assembling:

1. Take about a ping pong-ball sized measure of the green mixture.
2. Flatten on your palms.
3. Add about a teaspoon paneer or tofu mixture in the center, fold in the sides, and tightly pack the kabab to seal it into a patty shape.
4. Repeat until there is no green mixture left.

Frying:

1. Place kababs a non-stick pan and add a few drops of oil around each one.
2. Roast both sides at low to medium heat until kabab browns.

Serve with onions and lemon slices. You may also serve them with the sides of mint/cilantro and red pepper/garlic chutneys (see recipe below). Premade chutneys are easily available in Indian store. Finally, you can serve the kababs with tomato ketchup or Sriracha chili-garlic sauce.

Homemade Chutneys

To make mint/cilantro chutney:

1. In a food processor or blender, add ½ bunch of mint, 1 bunch of cilantro, 2 green chilies, 1 teaspoon of sugar, 1 tablespoon of freshly squeezed lemon juice, and salt to taste.
2. Pulse ingredients to make a smooth paste.

To make red pepper/garlic chutney:

1. In a food processor or blender, add 1 large red pepper, 1 or 2 clove of garlic, 1 tablespoon of lemon juice, cayenne powder to taste, and salt to taste.
2. Pulse ingredients into a smooth paste.

Source: Shital's Kitchen blog