

INGREDIENTS

Carrot (grated) - 1 cup
Bottle gourd / zucchini (grated & squeezed) - ½ cup
Cabbage (finely shredded) - ½ cup
Onion (finely chopped) - 2 tbsp
Oats flour - 3 tbsp
Whole egg – 1 no.
Egg white – 1 no.
Salt – As per taste
Black pepper – ½ tsp
Cumin powder – ¼ tsp
Garlic powder (optional) – ¼ tsp
Oil (for shallow cooking) – 1 -2 tsp

Vegetable Hashbrown

 2 servings

DIRECTIONS

1. Grate carrot and bottle gourd/zucchini. Squeeze out excess water very well. Add to a bowl with cabbage and onion.
2. Add 1 whole egg and 1 egg white to the vegetables. Add oats flour, salt, black pepper, cumin powder and garlic powder.
3. Mix well to form a thick mixture. (If too loose, add 1 more tbsp oats flour.)
4. Heat 1–2 tsp oil in a non-stick pan on medium flame.
5. Take a portion of the mixture and flatten gently into a round patty.
6. Place the patties on the pan and cook for 3–4 minutes until golden brown at the bottom. Flip carefully and cook the other side for 3–4 minutes.
7. Serve warm with mint chutney, yogurt dip, or along side a salad.

**1 cup = 200 ml, 1 tbsp = 15 ml, 1 tsp = 5 ml*

NOTES

This recipe is a high-protein, fiber-rich, and low-calorie meal option, making it ideal for weight management and muscle health. The combination of eggs and oats provides good quality protein and sustained energy, while vegetables like carrot, bottle gourd, and cabbage add fiber, vitamins, and antioxidants that support digestion and immunity. Being low in oil and packed with nutrients, it is heart-friendly and helps keep you full for longer, reducing unnecessary snacking and promoting overall balanced nutrition.

