



WOW Idli COOKBOOK

A collection of unique Idli recipes
that will make you go WOW!

#MTRWORLDIdLiDay



Have fun With Idlis!

This World Idli Day, we bring you many different ways to experiment with Idlis through a special curation of lip-smacking recipes made using MTR Idli Mixes.



Contents

Southern SURPRISE



Try new flavours with
classic idlis

FUSION FAVOURITES



Lend a touch of Chinese
and Italian to your idlis

DAILY DELIGHTS



Easy-to-make everyday
snacks loved by all!



**SOUTHERN
SURPRISE**



SWEET COCONUT STUFFED OATS IDLI

made using MTR Oats Idli Mix

Cooking time: 20 min

Serves: 2

By Debolina Roy





Ingredients

MTR Oats Idli Mix	100 g
Curd	200 g
Coconut	50 g
Jaggery	50 g
Cardamom Powder	0.5 g

Method of Preparation

1. Mix MTR Oats Idli Mix with curd and keep aside for 2 minutes.
2. For the stuffing - heat grated coconut with jaggery and add cardamom powder.
3. Grease the idli mould with ghee and add some batter and place the stuffing in the center.
4. Add more batter on the top of the stuffing and steam it for 12 minutes. Serve hot.



Watch video



Oats Idli UPma

made using MTR Oats Idli Mix

Cooking time: 20 min

Serves: 4

By FoodnDestinations



Ingredients

For upma

Oil	30 g
Mustard Seeds	1 g
Curry Leaf	10 g
Green Chilli	6 g
Ginger	60 g
Onion	30 g
Carrot	30 g
Beans	240 g
Cooked Idli	0.2 g
Turmeric Powder	2 g
Salt	



Watch video

For Idli

MTR Oats Idli Mix	100 g
Curd	150 g

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Oats Idlis. Cool and crumble it.
2. Heat oil and crackle with mustard seeds and curry leaves.
3. Add chopped green chilli, ginger, onion and saute until translucent.
4. Add cooked carrot and beans and the crumbled cooked idli and mix well. Serve hot.



Tomato Gojju Rice Idli

made using MTR Rice Idli Mix

Cooking time: 25 min

Serves: 2

By Chitra's Foodbook





Ingredients

MTR Rice Idli Mix	100 g
Water	150 g
Oil	30 g
Mustard	1.5
Curry Leaves	1 g
Onion (chopped)	50 g
Tomato (chopped)	180 g
Salt	3 g
Water	75 g
Coriander Leaves	

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rice Idlis. Cut it into 2 pieces, Cool & set aside.
2. Heat oil in a pan, crackle with mustard seed, curry leaves.
3. Add onion chop and sauté until translucent.
4. Add tomato, salt and sauté until mushy. Add water and cook.
5. Add idli and mix well. Close with lid. Add coriander leaves. Mix well and serve hot.



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SPICY Rava Idli 65

made using MTR Rava Idli Mix

Cooking time: 30 min

Serves: 2

By FoodnDestinations





Ingredients

Rice Flour	1 tbsp
Curd	1 tbsp
Oil	
Chop Green Chilli	3-4 pcs
Onion	
Ginger Garlic Paste	1 tsp
Chilli Powder	1 tsp
Curd	1/2 cup
Water	as required
Salt	as required
Coriander Leaves	for garnishing

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Oats Idlis. Cut it into pieces. Keep aside.
2. In a bowl, mix idli with 1tsp red chili powder, 1tbsp rice flour and 1tbsp curd. Mix it gently.
3. Heat oil in a pan, and shallow fry it. Keep aside.
4. Heat oil in a pan again, add chop green chilli, onion and sauté.
5. Add ginger garlic paste and chilli powder and mix well.
6. For temper now add, mustard seeds, curry leaves, dry red chillies.
7. Add curd, water and salt and cook.
8. Add the shallow fried idlis and toss well. Serve hot and garnish with coriander leaves.



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Mangalore Masala Rava Vada

made using MTR Masala Idli Mix

Cooking time: 30 min

Serves: 3

By FeelingBites



Ingredients

MTR Masala Idli Mix	150 g
Curd	100 g
Onion	75 g

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rava Idlis.
2. Add onion.
3. Make small balls and pat it with both palms to flatten it.
4. Deep fry until light brown colour.
5. Serve hot.



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Lemon Rava Idli UPma

made using MTR Rava Idli Mix

Cooking time: 20 min

Serves: 2

By wompindia





Ingredients

MTR Rava idli Mix	100 g
Water	150 g
Onion (chopped)	80 g
Curry Leaves	0.5 g
Oil	15 g

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rava Idlis. Cool & crumble it.
2. Heat oil in a pan. Add chopped onions, curry leaves and crumbled idlis and mix well.
3. Switch off the the gas. Squeeze a slice of lemon. Serve hot.



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VERMICELLI RAVA IDLI

made using MTR Rava Idli Mix

Cooking time: 25 min

Serves: 3

By ByteTrails





Ingredients

MTR Rava Idli Mix	100 g
MTR Roasted Vermicelli	100 g
Curd	350 g
Coriander Leaves	3 g

Method of Preparation

1. Soak roasted vermicelli in curd for 5 minutes.
2. Add MTR Rava Idli Mix and coriander leaves. Mix well.
3. Grease the mould and pour the batter and steam it for 15 minutes. Serve hot.



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Thatte Rava Idli Pizza

made using MTR Rava Idli Mix

Cooking time: 25 min

Serves: 2

By Sruti Nakkhul





Ingredients

For Idli

MTR idli mix	100 g
Curd	150 ml

For Idli Pizza

Capsicum	50 g
Tomato Ketchup	50 g
Onion (sliced)	50 g
Tomato (sliced)	50 g
Cheese (grated)	60 g
Oregano	1 g
Pepper Crushed	1 g
Cooked Idli	240 g

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rava Idlis. Make thatte idli. Cool & set aside.
2. Smear tomato ketchup on the top of the thatte idli.
3. Keep capsicum slice, onion slice, tomato slice and sprinkle oregano and crushed pepper.
4. Grate cheese on top of it. Heat a
5. tava and keep the pizza and cover with a lid. Cook the pizza for 10 minutes or until the cheese melts.
6. Serve hot with tomato ketchup.

Sweet Coconut Milk Rice Idli

made using MTR Rice Idli Mix

Cooking time: 20 min

Serves: 3





Ingredients

MTR Rice Idli Mix	100 g
Water	150 ml
Coconut Milk	350 ml
Jaggery	70 g
Cardamom Powder	1 g
Roasted White Sesame Powder	5 g

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rice Idlis. Make it button sized.
2. Cool the button idlis
3. Mix jaggery with coconut milk, cardamom powder and roasted white sesame powder.
4. Add button idlis to the sweetened milk and serve.



DRY FRUIT Idli

made using MTR Rice Idli Mix

Cooking time: 25 min

Serves: 2





Ingredients

MTR Rice Idli Mix	100 g
Water	136 ml
Curd	65 g
Dates	25 g
Cashewnut	25 g
Almond	25 g
Dry Grapes	25 g
Cardamom	0.5 g
Tutty Fruity	25 g
Chocolate Sauce	

Method of Preparation

1. Chop dates, cashewnut, almond, dry grapes and keep aside.
2. Mix MTR Rice Idli Mix with curd and water. Add chopped dried fruits and cardamom powder.
3. Pour the batter into the Idli moulds and steam it for 12 minutes.
4. Serve hot with chocolate sauce.

Masala Idli Biryani

made using MTR Masala Idli Mix

Cooking time: 30 min

Serves: 3

By Smitha Kallurya



Ingredients

MTR Masala Idli Mix	160 g
Curd	220 g
Ghee	25 g
Chopped Onions	50 g
Ginger Garlic Paste	60 g
Green Chillis (chopped)	3 g
Tomato	50 g
Mixed Vegetables	50 g
Mint Leaves	2 g
Coriander leaves	2 g
Salt	1 g
Water	50 g
MTR Biryani Masala Powder	10 g



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Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Masala
2. Idlis. Cool & cut it into small pieces and set aside.
3. Heat ghee in a pan, add onion and saute until brown, add ginger garlic paste and cook until raw flavour goes off.
4. Next, add tomatoes, MTR Biryani Masala Powder, mint and coriander leaves & cook well.
5. Add chopped masala idlis and cook well.
6. Sprinkle some water and top it with ghee and fried onion and cover it with lid.
7. Dum cook for 5 minutes on slow flame.



Lava Rava Idli With Potato CURRY

made using MTR Rava Idli Mix

Cooking time: 35 mins

Serves: 3





Ingredients

For Lava Rava Idli:

MTR Rava Idli Mix	200 g
Curd	400 g
Puri (Paani Puri)	5 nos

For Potato Curry

Oil	15 ml
Mustard	1 g
Potato	200 g
Onion	60 g
Coriander leaves	3 g
Curry leaves	0.5 g
Salt	to taste
Byadagi Chilli Powder	1 g
Turmeric Powder	a pinch
Sugar	4 g
Coriander Powder	1 g
Asafetida/ Hing	a pinch
Water	200 ml

Method of Preparation

To make Rava Idli:

1. Mix MTR Rava Idli Mix with curd and keep it aside.

Potato Sagu:

1. Heat oil in a pan. Crackle mustard seeds and curry leaves. Then add onion and saute till its translucent.
2. Add the masalas and water. Add cooked potato and mix well. Add the coriander leaves and take it off the flame.

To make Lava Rava Idli:

1. Grease the Idli moulds with oil. Pour some batter into it.

(recipe continued on the next page)



2. Fill the Puri with potato sagu and place it on the batter.
3. Pour some more batter on the puri filling.
4. Steam it for 15 minutes and serve hot.



Idli Ghee Roast

made using MTR Rice Idli Mix

Cooking time: 30 min

Serves: 2





Ingredients

For Idli:

MTR Rice Idli Mix	100 g
Water	150 ml

For Idli Ghee Roast

Byadegi Chilli Powder	10 g
Coriander Powder	2 g
Jeera Powder	2 g
Turmeric Powder	1 g
Tomato	70 g
Garlic	5 g
Tamarind Pulp	5 g
Salt	to taste
Jaggery	2 g
Ghee	30 g
Water	100 ml

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rice Idlis. Make it button sized.
2. Grind all the other ingredients to a fine paste with water.
3. Heat ghee in a heavy bottomed vessel and add the paste. Cook until the oil separates.
4. Add the Idlis and mix well until the Idlis are coated with the masala uniformly. Serve hot.

Rice Idli Pongal

made using MTR Rice Idli Mix

Cooking time: 35 min

Serves: 3



Ingredients

MTR Rice Idli Mix	100 g
Water	150 ml
Moong Dal	50 g
Water To Cook	250 ml
Ghee	20 g
Jeera	2 g
Black Pepper Corn	2 g
Green Chilli (slit)	5 g
Diced Ginger	5 g
Curry Leaves	1 g
Turmeric	0.2 g
Salt	to taste
Cashewnut	10 g

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rice Idlis. Cool it and mash it. Keep it aside.
2. Boil moong dal with water and turmeric powder in a pressure cooker for 2 whistles.
3. Gently release the whistle and add mashed idlis and mix well.
4. Heat ghee in a pan, add cashewnuts, jeera, pepper corn, diced ginger, curry leaves and slit green chillies.
5. Add the Idlis and moong dal mash to the pan and mix well.
6. Serve hot with coconut chutney.



Unde Rava Idli in Sweet Sambar Chutney

made using MTR Rava Idli Mix

Cooking time: 35 mins

Serves: 3





Ingredients

For Unde Rava Idli:

MTR Rava Idli Mix	220 g
Curd	150 g
Coriander leaves	3 g

For Sweet Sambar

Chutney

Tamarind Pulp (Tamarind : Water :: 1:5)	100g
Jaggery	80 g
MTR Sambar Powder	10 g
Salt	to taste

Method of Preparation

1. Mix MTR Rava Idli Mix with curd and coriander leaves and keep it aside for 5 mins.
2. Make small balls and steam it for 12 minutes.
3. For Chutney, boil tamarind pulp with jaggery, MTR Sambar Powder and salt.
4. Cook till semi thick consistency.
5. Add the Unde Rava Idli to the Chutney and toss well. Serve hot.



FLax seed Podi Rava Idli

made using MTR Rava Idli Mix

Cooking time: 25 mins

Serves: 2



Ingredients

MTR Rava Idli Mix	100 g
Curd	200 g
Ghee	25 g
Mustard	1 g
Red Chilli Whole	3 g
Curry leaves	1 g
Roasted Flax Seed	15 g
Powder	
Salt	to taste

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rava Idlis. Make it button sized and keep it aside.
2. Heat ghee in a pan and add mustard & curry leaves.
3. Add red chilli and roasted flax seed powder with salt and mix well.
4. Add the button Idlis and toss well. Serve hot.





MYSORE Rava Idli Sandwich

made using MTR Rava Idli Mix

Cooking time: 30 mins

Serves: 2





Ingredients

MTR Rava Idli Mix	100 g
Curd	200 g
Byadgi Chilli Powder	8 g
Tamarind Pulp	20 g
Garlic (diced)	20 g
Onion (diced)	55 g
Salt	to taste
Oil	7.5 g

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rava Idlis. Keep it aside.
2. For Chutney, heat oil and add diced garlic and onion and saute till its translucent.
3. Make a paste of this with added salt, tamarind pulp and chilli powder.
4. Slice the Idlis and apply the paste on both sides of the Idlis and serve.

KANCHIPURAM Oats Idli

made using MTR Oats Idli Mix

Cooking time: 20 mins

Serves: 3





Ingredients

MTR Oats Idli Mix	100 g
Curd	150 g
Gingelly Oil or Ghee	10 g
Curry Leaves	1 g
Cumin (crushed)	2 g
Pepper (crushed)	1.5 g
Dry Ginger Powder	1.5 g
Asafoetida	0.1 g
Turmeric Powder	0.1 g

Method of Preparation

1. Follow the instruction as is directed on the pack to mix MTR Oats Idlis and keep it aside.
2. Heat oil or ghee and add curry leaves, crushed cumin, crushed pepper, dry ginger powder, asafoetida and turmeric powder.
3. Add to the idli mixture and mix well.
4. Grease katories with ghee and pour the batter. Steam it for 12-15 minutes. Serve hot with chutney powder.



Oats Nuts Podi Idli

made using MTR Oats Idli Mix

Cooking time: 30 mins

Serves: 2





Ingredients

MTR Oats Idli Mix	100 g
Curd	150 g
Ghee	25 g
Mustard Seeds	1 g
Chilli Powder	4 g
Curry Leaves	1 g
Roasted Peanut Powder	25 g
Salt	1 g
Jeera Powder	2 g
Black Sesame Powder	5 g

Method of Preparation

1. Follow the instruction as directed on the pack to make MTR Oats Idlis. Cool and cut it in button idlis and keep aside.
2. Heat ghee in a pan and add mustard seeds, curry leaves, red chilli powder, jeera powder and roasted peanut powder, salt and mix well..
3. Add the button idlis and toss well. Serve hot.

Oats PULiOGaRE IdLi UPma

made using MTR Oats Idli Mix

Cooking time: 25 mins

Serves: 3





Ingredients

MTR Oats Idli Mix	150 g
Curd	150 g
Carrot & Beans	80 g
Onion	50 g
Curry Leaves	2 g
Oil	25 g
MTR Puliogare Powder	20 g

Method of Preparation

1. Follow the instruction as directed on the pack to make MTR Oats Idlis. Cool and mash the idlis and then keep it aside.
2. Heat oil in a pan and add curry leaves, onion and sauté until translucent.
3. Next, add cooked vegetables into the pan and sauté well.
4. Add puliyogare powder to the mixture & mix. To this, add mashed idli and mix well. Serve hot.



sambar centre Filled Masala Idli

made using MTR Masala Idli Mix

Cooking time: 35 mins

Serves: 3





Ingredients

For Sambar:

MTR Instant Sambar Mix	50 g
Water	250 g
Onion	25 g
Tomato	50 g
Coriander Leaves	3 g

For Masala Idli:

MTR Masala Idli Mix	200 g
Puri (Pani Puri)	5 nos
Curd	400 g

Method of Preparation

1. Follow the instruction as directed on the pack to mix MTR Masala Idlis & keep it aside.
2. For sambar, mix MTR instant sambar with water, add cut onions and tomatoes and boil for 8-10 minutes. Garnish with curry leaves and switch the flame off.
3. Grease the idli mould with oil and pour some masala idli batter.
4. Fill the puri with Sambar and place it on the batter and pour more batter on the puri filled with sambar to cover it.
5. Steam it for 15 minutes. Serve hot.

FUSION FAVOURITES



Cheesy Idli Pizza

made using MTR Rice Idli Mix

Cooking time: 30 min

Serves: 2

By YumRecipes





Ingredients

MTR Rice Idli Mix	2 cups
Water	2 cup
Yogurt	1 cup
Water	400 ml
Red Bell Pepper	20 g
Green Bell Pepper	20 g
Onion	20 g
Sweet Corn	20 g
Oil	1 tbsp
Cheese Slice	3
Pizza Sauce	50 g
Mozzarella Cheese	100 g
Pickled Jalapeno	1 tbsp
Black Olives	1 tbsp
Salt	1/2 tsp
Black Pepper Powder	1/4 tsp
Chilli Flakes	1 tsp
Oregano	1 tsp

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rice Idlis. Cool & set aside.
2. Mix red bell pepper, green bell pepper, onions, and sweet corn well and keep aside.
3. Transfer the prepared idlis on the flat surface, place a cheese slice and cover it with another idli.
4. Spread pizza sauce over it and sprinkle some mozzarella cheese.
5. Top it with mixed veggies & sprinkle some pickle jalapeno, black olives, and 1/2 teaspoon salt.

(recipe continued on the next page)





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6. Also add 1/4 teaspoon black pepper powder, 1 teaspoon chilli flakes and 1 teaspoon oregano over it.
7. Bake it at 350° F / 180° C & serve hot.

Tips & Tricks

You can also make it on gas. Place the idli with topping on the hot tawa and close with lid for 5-10 minutes.

Rava Idli BURGER

made using MTR Rava Idli Mix

Cooking time: 30 min

Serves: 2

By FoodiesSince96





Ingredients

For Patties

Boiled Potato	200 g
Oil	10 g
Mustard Seeds	1 g
Curry Leaves	1 g
Onion (sliced)	60 g
Turmeric Powder	0.5 g
Salt	2.5 g
Coriander Leaves	3 g

For Rava Idli

MTR Rava Idli Mix	80 g
Curd	165 g

For Burger

Onion (sliced)	100 g
Tomato (sliced)	100 g
Lettuce	50 g
Cheese	5 slices

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Oats Idlis. Cut it into thin strips. Keep aside. Heat oil and crackle with mustard seed, curry leaves.
2. Add onion slice, sauté until translucent. Add turmeric powder.
3. Add salt and coriander leaves. Mix well. Make big size patties.
4. Shallow fry the patties.
5. Keep the patties and onion slice, lettuce and tomato slice.
6. Keep cheese slice and cover with the top slice of the idli.
7. Serve with tomato ketch up.



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Rava Idli White Pasta

made using MTR Rava Idli Mix

Cooking time: 30 min

Serves: 1

By Whiskaffair





Ingredients

MTR Rava Idli Mix	150 g
Curd	300 g
Butter	15 g
Pepper (crushed)	0.5 g
Bay Leaf	0.5 g
Maida	10 g
Garlic Chop	5 g
Mushroom	30 g
Red Chilli Flakes	0.5 g
Salt	1.5 g
Oregano	0.2 g
Milk	100 ml
Water	150 ml
Cheese (for garnish)	

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rava Idlis. Cool & set aside.
2. Heat butter in a pan, add pepper, bay leaf and Maida and sauté until light brown.
3. Add milk and water and cook well. Strain and keep aside.
4. Heat 5 g butter and add chop garlic and mushroom, sauté well.
5. Add white sauce, red chili flakes and cook well.
6. Place the cut pieces idli on a plate and pour the sauce on the top of the idli.
7. Garnish with grated cheese.



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Mexican Idli Khakra

made using MTR Oats Idli Mix

Cooking time: 20 min

Serves: 3

By Smitha Kallurya





Ingredients

MTR Oats Idli Mix	1 cup
Sour Curd	1 cup

To make Mexican Idli Crumble

Olive Oil / Any oil	2-3 tsp
Onion (chopped)	1
Green Chilli (chopped)	1-2
Ginger Garlic Paste	1 tsp
Tomatoes (chopped)	2
Red Chilli Powder	1 tsp
Jeera Powder	1/2 tsp
Oregano Powder	1 tsp
Tomato Ketchup	2-3 tsp
Pizza Sauce	2 tsp
Boiled Sweet Corn	1/2 cup
Chopped Capsicum	1/2 cup
Salt	

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Oats Idlis.
2. Cool and crumble it.
3. In a pan add onion, green chilli, ginger garlic paste . Saute 1-2 mins. Add tomatoes and saute till mushy.
4. Add salt, chilli powder, jeera powder, oregano powder, tomato ketchup and pizza sauce and saute for 2-3 mins till oil separates.
5. Add crumbled oats idli , boiled corn and capsicum and mix. Allow to cool.

(recipe continued on the next page)



To Make Salsa

Tomatoes (chopped)	3-4
Onion (chopped)	1
Chopped Green Chilli	2-3
Garlic (minced)	1 tsp
Oregano	1 tsp
Pepper Powder	1 tsp
Coriander Leaves (Chopped)	
Lemon	1/2
Olive Oil	1 tsp
Salt	to taste

To assemble:

Khakhra
Cream Cheese /
Mayonnaise
Lettuce
Cheese (grated)

To Make Salsa:

1. In a bowl mix Tomato, Onion, Green Chilli, Garlic, Pepper Powder, coriander leaves, lemon juice, Olive Oil and Salt. Salsa is ready.

Time to assemble:

1. Take a Khakra.
Spread Cream Cheese /
Mayonnaise .
Top it with lettuce , Mexican Oats
Idli crumble , salsa n some cheese
and enjoy.



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Rava Idli Cheese Bake

made using MTR Rava Idli Mix

Cooking time: 35 mins

Serves: 2





Ingredients

MTR Rava Idli Mix	100 g
Curd	200 g
Potato (grated)	100 g
Cheese (grated)	50 g
Red Chilli Flakes	1 g
Crushed Pepper	1 g
Oregano	0.5 g
Coriander leaves	3 g
Salt	to taste

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rava Idlis. Cool it and cut into pieces.
2. Place the Idlis in a baking tray. Add grated potato and cheese.
3. Sprinkle chilli flakes, crushed pepper, oregano and coriander leaves.
4. Bake the cheese rava idli for 5- 10 mins or until the cheese melts. Serve hot.



Oats CURRY Leaf Pesto Idli

made using MTR Oats Idli Mix

Cooking time: 30 mins

Serves: 3





Ingredients

MTR Oats Idli Mix	100 g
Curd	150 g
Curry Leaves	12 g
Peanuts	20 g
Garlic	10 g
Oil	10 g
Green Chilli	5 g
Salt	1 g
Lemon Juice	5 g

Method of Preparation

1. Follow the instruction as directed on the pack to mix MTR Oats Idlis & keep it aside.
2. Ground curry leaf with peanut, garlic, oil, green chili, salt and lemon juice to form a coarse paste and add it to the oats idli batter.
3. Grease the idli mould and steam it for 12 minutes. Serve Hot.

Idli Manchurian

made using MTR Rice Idli Mix

Cooking time: 20 min

Serves: 2

By wompindia





Ingredients

For Rice Idli

MTR Rice Idli Mix	1.5 cups
Water	1.5 cups
Curd	0.5 cups

For Manchurian

Oil	10 g
Onion (chopped)	75 g
Green Chilli (chopped)	5 g
Ginger (chopped)	10 g
Garlic (chopped)	5 g
Tomato Ketchup	40 g
Salt	to taste
Soya Sauce	6.5 g
Sugar	1 g
Spring Onions	to garnish

Method of Preparation

1. Follow the instructions as in directed on the pack to make MTR Rice Idlis.
2. Cool it, cut it into quarters and keep it aside.
3. Heat oil in pan and shallow fry the idli pieces till it turns golden brown.
4. In a separate pan, add oil, chopped onions, ginger, garlic, green chillies. Add tomato ketchup and soy sauce and saute.
5. Add the idli pieces and toss it. Add spring onion for garnish. Serve hot.



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**Daily
Delights**

PERI PERI RAVA Idli Fries

made using MTR Oats Idli Mix

Cooking time: 20 min

Serves: 2

By Richa Gupta



Ingredients

MTR Rava Idli Mix	1 cup
Sour Curd	1+1/2 cup
Oil (for greasing)	
Batter (for frying)	
All Purpose Flour	1/4 cup
Corn Flour	2 tbsp
Salt	1/4 tsp
Water	1/2 cup
Oil (for frying)	
<u>Peri Peri Mix</u>	
Peri Peri Seasoning	3 tbsp
Castor Sugar	1 tsp



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Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rava Idlis.
2. Cool and cut it into wedges.
3. Mix all-purpose flour, corn flour, salt and water for the batter. Whisk to ensure that there are no lumps and the flour has dissolved.
4. Heat oil for deep frying in a kadai or frying pan.
5. Dip each idli piece in the batter and carefully drop into heated oil and fry till golden brown.
6. Remove it from the pan and add 3 tablespoons of peri peri seasoning & castor sugar.
7. Mix well & serve hot.

MUSHROOM Rava Idli

made using MTR Rava Idli Mix

Cooking time: 30 min

Serves: 2

By Kabitaskitchen





Ingredients

MTR Rava Idli Mix	100 g
Curd	65 g
Oil	20 g
Onion (chopped)	50 g
Ginger Garlic Paste	10 g
Tomato (chopped)	50 g
Salt	2 g
Fennel Powder	1 g
Mushroom	100 g

Method of Preparation

1. Add MTR Rava Idli Mix with curd and mix it to a smooth batter and keep aside.
2. Heat oil and add onion, sauté until it turns translucent.
3. Add ginger garlic paste.
4. Add chopped tomatoes and sauté until translucent.
5. Add salt, fennel powder, mushroom and cook well.
6. Add the cooked mushroom to the idli batter. Mix well.
7. Pour the idli batter into the mould and steam it for 12 minutes. Serve hot.



Watch video

Schezwan Paneer Stuffed Idli

made using MTR Rice Idli Mix

Cooking time: 30 min

Serves: 2

By Kabitaskitchen





Ingredients

MTR Rice Idli Mix	1 cup
Curd	1 cup
Onion	1/4 cup
Paneer (small cubes)	1/2 cup
Schezwan Chutney	2 tbsp
Garlic (chopped)	1 tbsp
Spring Onion	2 tbsp
Cooking Oil	2 tbsp

Method of Preparation

Stuffing Preparation:

1. Heat oil in a pan, add garlic and onion, fry it for 1/2 minute.
2. Add Schezwan chutney and spring onion, mix it well.
3. Add paneer cubes and cook it for 1 minute.
4. Turn off the flame and let it cool down completely.

For the idlis:

1. Follow the instruction as is directed on the pack to make MTR Rice Idlis.
2. Grease the idli tray with oil.
3. Pour 1/2 serving spoon batter in mould.

(recipe continued on the next page)





4. Add 2 tbsp of paneer mixture in the centre.
5. Pour 1/2 serving spoon batter again on top.
6. Steam it for 10 to 12 minutes on high flame.
7. Take out the steaming plate from the idli cooker and let it cool down.
8. Repeat the process to make idli from remaining batter.
9. Gently, take out the idli and serve it with sambar and chutney.

Rice Idli Cheese Bites

made using MTR Rice Idli Mix

Cooking time: 30 min

Serves: 2

By funfoodandfrolic





Ingredients

For Rava Idli

MTR Rava Idli Mix	80 g
Curd	165 g

For Cheese Bites

Cooked Rava Idli	225 g
Cheese	50 g
Pepper Crushed	0.5 g
Fennel Powder	1 g
Potato (mashed)	75 g
Red Chilli Flakes	1 g
Garlic	5 g
(finely chopped)	
Coriander Leaves	3 g
Oil	
Salt	1 g
Maida	
Breadcrumbs	
Oregano	0.5 g

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rava Idlis. Cool and mash it.
2. Add mashed potato, fennel powder, crushed pepper, chopped garlic, red chilli flakes, coriander leaves, oregano and mix well.
3. Make small sized balls and stuff with a piece of cheese and dip into maida batter and coat with breadcrumbs.
4. Deep fry until brown colour.



Watch video

Rava Idli Chaat

made using MTR Rava Idli Mix

Cooking time: 20 min

Serves: 2

By Getcurried





Ingredients

For Rava Idli

MTR Rava Idli Mix	150 g
Curd	300 g

For chaat

Green Chutney	
Sweet Chutney	40 g
Curd	40 g
Onion	40 g
Chilli Powder	40 g
MTR Chaat Masala	1 g
Powder	1 g
Sev	20 g
Coriander leaves	3 g

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rava Idlis. Cool and cut into pieces.
2. Arrange the idli pieces in a bowl.
3. Add green chutney, sweet chutney, curd, chilli powder, chaat masala; one by one.
4. Garnish with sev and coriander leaves.



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Masala Idli Kebab

made using MTR Masala Idli Mix

Cooking time: 30 min

Serves: 4

By YumRecipes





Ingredients

MTR Masala Idli Mix	160 g
Curd	250 g
Water	400 ml
Oil	1 tbsp
Carrot (grated)	60 g
Green Peas	60 g
Salt	1/2 tsp
Cayenne Pepper	1 tsp
Turmeric	1/4 tsp
Garam Masala	1 tsp
Boiled Potato	100 g
Coriander	1 tbsp
Oil	50 ml

For chutney

Fresh Coconut	100 g
Coriander	40 g
Roasted Split	2 tbsp
Bengal gram	
Green Chilli	2 tbsp
Water	60 ml

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Masala Idlis. Cool and crumble.
2. Heat oil, add grated carrots, green peas and cook for 2 minutes on medium heat.
3. Now, add salt, cayenne pepper, turmeric, garam masala. Mix well.
4. Now add boiled potatoes, coriander and mix well.
5. Then, add crumbled idli and stir well.
6. Remove the pan from heat.
7. Let it cool for 10 minutes.
8. Now, make kebab from the prepared mixture.

(recipe continued on the next page)



For tempering

Oil	2 tbsp
Asafoetida	1/8 tsp
Mustard seeds	2 tbsp
Urad dal (spilt white lentil)	1 tsp



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9. Heat oil in a pan and shallow fry prepared kebabs.
10. In a bowl, add 100 g fresh coconut, 40 g coriander, 2 tbsp roasted split Bengal gram, 2 tbsp green chillies, 1 tsp salt, and 60 ml water.
11. Transfer it to the blender and blend it to a smooth paste.
12. In a pan, add 2 tbsp oil, 1/8 tsp asafoetida, 2 tsp mustard seeds, 1 tsp split white lentil and stir well.
13. Cook for 2 minutes.
14. Now, In a small glass, add 1 tbsp of prepared chutney and top it with prepared tempering.
15. Place a kebab on top of the glass. Serve hot.



Rava Idli veg Cutlet

made using MTR Rava Idli Mix

Cooking time: 30 min

Serves: 4

By Hebbar's Kitchen





Ingredients

For Cutlet

Cooked Idli	240 g
Ghee	10 g
Turmeric Powder	1 g
Garam Masala Powder	2 g
Pepper Powder	1 g
Fennel Powder	2 g
Breadcrumbs	
Maida	
Carrot (grated)	100 g
Green Peas (mashed)	50 g
Salt	1 g

For Idli

MTR Rava Idli Mix	100 g
Curd	150 g

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rava Idlis. Cool and crumble it.
2. Heat ghee in a pan, add grated carrot, mashed green peas and masala powder.
3. Add salt and mix well. Make balls and dip into maida batter and then breadcrumbs.
4. Make them into cutlet shapes and deep fry. Serve hot.



Rava Idli Dhokla

made using MTR Rava Idli Mix

Cooking time: 20 min

Serves: 4

By Fun Food & Frolic





Ingredients

For idli

MTR Rava Idli Mix	1 cup
Curd	1 cup
Turmeric	1/2 tbsp
Sugar	1 tbsp
Hing/ Asafoetida	1 pinch

For Idli Dhokla

Cooked Rava idli	8-10 pcs
Oil	2 tbsp
Mustard seeds	1 tsp
Chilli (slit)	3 pcs
Curry leaves	
Water	1/4 cup
Sugar	1 tbsp
Salt	1/4 tsp
Lemon Juice	1 tbsp
Coconut (grated)	2 tbsp
Coriander (finely chopped)	2 tbsp

Method of Preparation

1. Combine MTR Rava Idli Mix with curd. Add turmeric, sugar, and hing. Mix nicely. Steam it in moulds for 10-12 minutes.
2. Heat oil. Add mustard seeds, green chili, and curry leaves. Stir and splutter the tempering.
3. Now pour water, sugar, salt, and lemon juice.
4. Mix and boil making sure everything is combined well.
5. Pour the tempering over the idli, make sure the water is absorbed by idli.
6. Garnish with coconut and coriander.
7. Enjoy idli dhokla with green chutney. Serve hot.



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Rice Idli Tikki

made using MTR Rice Idli Mix

Cooking time: 25 min

Serves: 3

By Rekha Kakkar



Ingredients

For Idli Tikki

Idli	240 g
Oil	15 g
Carrot (grated)	50 g
Green Peas	25 g
Beans	25 g
(finely chopped)	
Chilli Powder	2 g
Turmeric Powder	1 g
Jeera Powder	1 g
Garam Masala	2 g
Powder	
Salt	2 g
Coriander Leaves	3 g



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For Idli

MTR Rice Idli Mix	Curd	100 g
Water		50 g
		100 g

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rice Idlis. Cool & mash it.
2. Heat oil in a pan, add chilli powder, turmeric powder, jeera powder, garam masala powder.
3. Add grated carrot, mashed green peas, finely chopped beans and cook well.
4. Add mashed idli, salt and coriander leaves. Mix well
5. Make small balls and flatten it and shallow fry on medium heat till it turns brown. Serve hot.





Rava idli canapés

made using MTR Rava Idli Mix

Cooking time: 30 min

Serves: 2

By Debolina Roy





Ingredients

MTR Rava Idli Mix,

Sour Curd

Oil

Paanch phoron

Dried Red Chillis

Mango

Turmeric Powder

Salt

Sugar

Podi

Ghee

1 tbsp

1 tbsp

2 pcs

1 pc

1 tbsp

1/2 tbsp

3 tbsp

10 g

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rava Idlis. Cool it. Keep aside.

For raw mango chutney

1. Take 1 raw mango and slice it up pieces.
2. Heat up oil in a small cooking pot.
3. Add panch phoron, and the dried red chilis, and let the spice mix simmer. Then add in the raw mango, toss well.
4. After 2 minutes, add 50 ml of water/half cup water, and 1/2 tbsp turmeric powder, and again mix well.

(recipe continued on the next page)





5. Add some salt and let this cook for 5 minutes in medium flame.
6. Add water as needed for the desired thickness of the chutney.
7. As the mangoes start melting add in 3 tbsp sugar and stir the mixture well.
8. Cover and cook for another 3-4 minutes, and then when the mangoes have become soft and left the skin, it's done. Transfer to a container and let it cool.
9. Use the raw mango chutney as the base, and then placed the idlis on top.
10. add a drizzle of ghee, and a pinch of podi on each idli.
11. Top it off with very little of the raw mango chutney again.

FRIed SWEet CHILLi RiCe IdLi

made using MTR Rice Idli Mix

Cooking time: 30 min

Serves: 2

By FoodiesSince96





Ingredients

For the sauce:

Soy sauce	2 spoons
Vinegar	1 tbsp
Tomato Sauce	2 spoons
Sugar,	1 spoon
Salt	to taste

For the dish:

Garlic Cloves	2-3 pcs
Ginger Julienne	7-8
Onions (diced)	1/2 cup
Spring Onions	1/2 cup
Yellow Bell Pepper	1/2 cup
Red Bell Pepper	1/2 cup
Green Bell Pepper	1/2 cup



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Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rice Idlis. Fry it Keep aside.
2. In a pan add oil, add chopped garlic cloves, ginger julienne, diced onions, spring onions, yellow bell pepper, red bell pepper, cup green bell pepper, mix well.
3. Add spoons of soy sauce, tablespoon vinegar mixes well, spoon tomato sauce, spoon sugar,
4. Add salt as per your taste, half cup water mixes well
5. Let the sauce cook for 1-2 min, add sautéed veggies,
6. Add fried idli.
7. Mix it well.
8. Top it up with spring onion.

SOYA Kheema Rava Idli

made using MTR Rava Idli Mix

Cooking time: 30 min

Serves: 3

By YumRecipes



Ingredients

MTR Rice Idli Mix	100 g
Water	135 g
Curd	65 g
Soya Granule	20 g
Green peas	20 g
Onion	50 g
Tomato	50 g
Ginger Garlic Paste	5 g
Turmeric Powder	0.2 g
Oil	10 g
Garam Masala Powder	5 g



Serving Suggestions



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Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Oats Idlis. Keep aside.
2. Heat oil in a pan, add onion and sauté until translucent.
3. Add ginger garlic paste and sauté until raw flavour goes off.
4. Add chop tomato and sauté until mushy.
5. Add turmeric powder and garam masala powder.
6. Add soaked soya granules and green peas. Cook well.
7. Mix the soya keema to the idli batter.
8. Make idli using the batter and serve hot.

ChOCOLate ChOCO ChiP IdLi

made using MTR Rice Idli Mix

Cooking time: 30 min

Serves: 3

By ByteTrails





Ingredients

MTR Rice Idli Mix.

Water-135 lt.

Curd: 65 g

Chocolate Chips

135 ml

65 g

100 g

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rice Idlis.
2. Put Chocolate chips in the centre of the poured batter.
3. Add more batter to top of chocolate chips.
4. Steam the Idlis for 15 mins and serve hot or cold.



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Rava Idli Noodles

made using MTR Rava Idli Mix

Cooking time: 30 min

Serves: 1

By Pooja





Ingredients

Butter	40 g
Carrot	50 g
Cabbage	50 g
Capsicum	50 g
Onion	50 g
Salt	2 g
Sugar	2 g
Soya Sauce	8 g
Cooked Idli	240

For Idlis:

MTR Rava Idli Mix	100 g
Water	150 g

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rava Idlis.
2. Cut it into thin strips. Keep aside. Heat butter in a pan, add carrot, cabbage, onion, and capsicum.
3. Sauté well. Add salt, sugar, soya sauce and idli strips.
4. Toss well and serve hot.



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Rava Idli Finger

made using MTR Rava Idli Mix

Cooking time: 25 min

Serves: 2

By Chef Meghana





Ingredients

Curd	
Carrot	1 tbsp
Capsicum	1 tbsp
Onion	1 tbsp
Coriander	1 tbsp
French Beans	1 tbsp
Salt	
Chilli Powder	1 tsp
Turmeric Powder	1 tsp

Method of Preparation

1. Take MTR Rava idli mix and add curd per packet instruction and make Rava Idli premix
2. Add lots of finely chopped vegetables- carrot, capsicum, onion, coriander, beans
3. Add some salt
4. Add red chili and turmeric powder
5. Spread the mix in a tray
6. Steam it
7. Cut it like fingers
8. Shallow fry in a pan with little oil
9. Serve MTR Rava Idli Fingers



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Masala Idli Tikki

made using MTR Masala Idli Mix

Cooking time: 25 min

Serves: 3

By FeelingBites



Ingredients

For Idli Tikki

Idli	240 g
Oil	15 g
Carrot (grated)	50 g
Green Peas	25 g
Beans (finely chopped)	25 g
Chilli Powder	2 g
Turmeric Powder	1 g
Jeera Powder	1 g
Garam Masala Powder	2 g
Salt	2 g
Coriander Leaves	3 g



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For Idli

MTR Masala Idli Mix	100 g
Curd	50 g
Water	100 g

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Masala Idlis. Cool & mash it.
2. Heat oil in a pan, add chilli powder, turmeric powder, jeera powder, garam masala powder.
3. Add grated carrot, mashed green peas, finely chopped beans and cook well.
4. Add mashed idli, salt and coriander leaves. Mix well.
5. Make small balls and flatten it and shallow fry on medium heat till it turns brown. Serve hot.



Mangalore Masala Rava Idli

made using MTR Masala Idli Mix

Cooking time: 30 min

Serves: 2

By FeelingBites



Ingredients

MTR Rava Idli Mix	100 g
Curd	200 g
Byadegi Whole	20 g
Chillis	
Tamarind	5 g
Coconut	5 g

Method of Preparation

1. Make a coarse paste with coconut, byadegi chili and tamarind.
2. Follow the instruction as is directed on the pack to mix MTR Rava Idlis & add the ground paste.
3. Grease the mould and steam it for 12 minutes. Serve Hot.



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Chilli Rice Idli

made using MTR Rice Idli Mix

Cooking time: 20 min

Serves: 2





Ingredients

For Idli

MTR Rice Idli Mix	100 g
Water	150 g

For Idli Tikki

Oil	40 g
Diced Onion	50 g
Diced Capsicum	50 g
Green Chilli (slit)	10 g
Ginger (chopped)	10 g
Garlic (chopped)	10 g
Tomato Ketchup	50 g
Chilli Powder	2 g
Salt	to taste
Soya Sauce	5 g
Sugar	to taste
Water	50 ml
Coriander Leaves	2 g

Method of Preparation

1. Follow the instruction as is directed on the pack to make MTR Rice Idlis. Cool the idlis, cut them into pieces and keep them aside.
2. Heat 20 ml oil and shallow fry the idli pieces and keep aside.
3. Heat 20 ml oil in a pan and add chopped garlic, ginger, slit green chillies, diced onion and capsicum.
4. Saute until translucent. Add tomato ketchup, chilli powder, sugar, salt, soya sauce and water.
5. Cook well until semi thick consistency. Add the shallow fried Idlis and toss well. Add coriander leaves and serve hot.



Italian CORN Oats Idli

made using MTR Oats Idli Mix

Cooking time: 20 mins

Serves: 2





Ingredients

MTR Oats Idli Mix	100 g
Curd	150 g
Capsicum	50 g
Red Chilli Flakes	1 g
Pepper (crushed)	0.3 g
Oregano	0.3 g
Corn	50 g

Method of Preparation

1. Mix MTR Oats idli mix with curd, chopped capsicum, chilli flakes, pepper crushed, oregano & corn.
2. Grease the mould with oil and pour the idli and steam for 12 minutes. Serve hot.

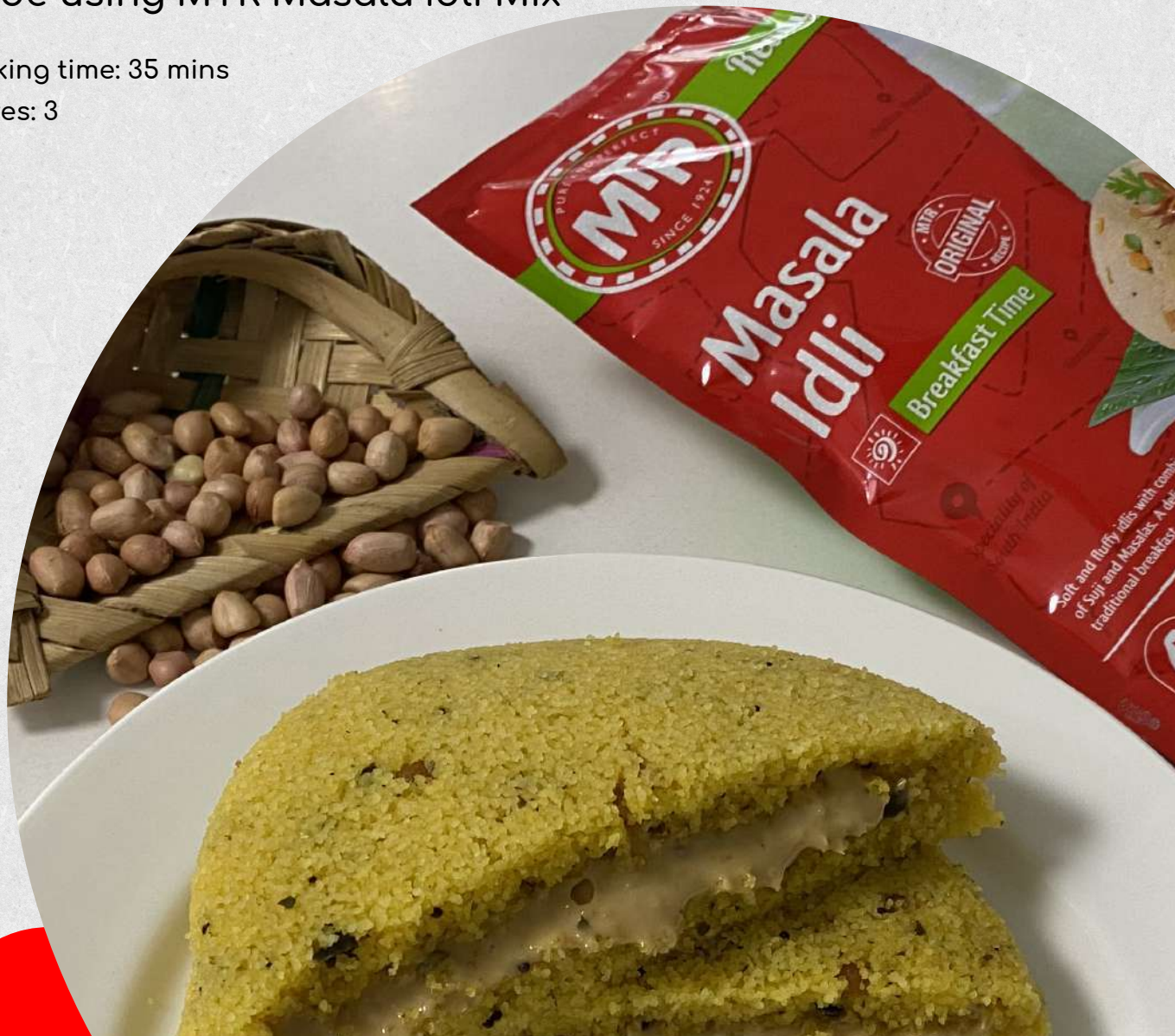


Masala Idli Peanut butter sandwich

made using MTR Masala Idli Mix

Cooking time: 35 mins

Serves: 3





Ingredients

MTR Masala Idli Mix	100 g
Curd	150 g
Peanut	100 g
Sugar	50 g

Method of Preparation

1. Follow the instruction as directed on the pack to make MTR Masala Idlis using a thatte idli mould. Cool and slice each idli into 2.
2. For peanut butter, grind the peanuts without its skin along with sugar to form a smooth paste.
3. Spread the home made peanut butter on each of the idli slice and cut into smaller pieces. Serve hot.

Masala Idli Seekh Kebab

made using MTR Masala Idli Mix

Cooking time: 30 mins

Serves: 2





Ingredients

MTR Masala Idli Mix	100 g
Curd	150 g
Cooked Potato	50 g
Salt	1 g
Chilli Flakes	5 g
Coriander Leaves	5 g
MTR Chaat Masala	1 g

Method of Preparation

1. Follow the instruction as directed on the pack to make MTR Masala Idlis. Cool and mash the idlis.
2. To the mashed idlis, add grated potato, chilli flakes, chaat masala, coriander leaves and salt.
3. Poke in the kebabs on a skewer stick and grill/shallow fry until it turns light brown.
4. Serve hot with green chutney.



Masala Idli ROLL

made using MTR Masala Idli Mix

Cooking time: 30 mins

Serves: 2



Ingredients

MTR Masala Idli Mix	100 g
Curd	150 g
Cabbage	20 g
Carrot	20 g
Onion	20 g
Capsicum	20 g
Garam Masala Powder	2 g
Tomato Ketchup	to spread
Chapati or Parotta	5 nos
Oil	10 g

Method of Preparation

1. Follow the instruction as directed on the pack to make MTR Masala Idlis. Cool and mash the idlis.
2. In a pan, heat oil and saute sliced onions, carrots, capsicum and cabbage. To this, mix garam masala powder and later add mashed idlis and mix well.
3. On a chapati/parotta, spread tomato ketchup and place the masala idli mixture on a corner and roll the chapati/parotta and serve.



onion idli samosa

made using MTR Masala Idli Mix

Cooking time: 45 mins

Serves: 4





Ingredients

MTR Masala Idli Mix	100 g
Curd	150 g
Refined Flour	120 g
Oil	10 g
Salt	1 g
Water	75 g
Cabbage	20 g
Carrot	20 g
Garlic	10 g
Ginger	5 g
Onion	25 g
Coriander Leaves	5 g
Salt	to taste

Method of Preparation

1. Follow the instruction as directed on the pack to make MTR Masala Idlis. Cool and mash the idlis.
2. To the mashed idlis, add chopped cabbage, garlic, ginger, onions, coriander leaves and salt.
3. In a large bowl, mix refined flour with oil, salt and water to make pliable dough and make 10 portions of it.
4. Spread the balls and make a cone by applying small amount of water on its edges.
5. Fill the cone with the masala idli mixture and cover it by pressing the other edges.
6. Deep fry them until light brown colour and serve hot.



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