



Besan Tomato Omlete (OP I)

Serving: 1

Veg

Ingredients

- 2 tbsp gram flour (besan)
- 1 tsp rice flour
- 1 medium size tomato, finely chopped
- 2-3 tbsp vegetable your choice (carrot, capicum, onion, dudhi, cabbage)
- few coriander leaves, finely chopped
- $\frac{1}{4}$ tsp red chilli powder
- 1 tsp coriander powder
- 1 tsp cumin / jeera
- $\frac{1}{4}$ tsp ajwain (optional)
- salt to taste
- oil as required
- 1 green chilli, finely chopped

Preparation Method

- In a bowl and finely chopped , tomato, coriander leaves and chilli.
- Now add besan and rice flour to the same bowl.
- add red chilli powder, coriander powder, cumin seeds, ajwain, kasoori methi and salt to taste.
- cautiously add water bit by bit so that no lumps are formed. mixing water to besan can easily form lumps. you need to avoid it.
- heat a tawa or non-stick pan. grease it with few drops of oil or butter.
- pour and spread a ladle of batter on tawa to form a round dosa. spread some oil on top of the dosa.
- cover the omelette with a lid and let it cook.
- once cooked in one side, flip over and cook on the other side.
- both the side should be cooked and should be crisp.
- your tomato omelette is ready