



## Mini Soya Paneer Pan cake

Serving: 1

Veg

### *Ingredients*

- 1 tbsp cup jowar ( white millet ) flour
- 1 tsp split black lentils ( urad dal ) flour
- 2 tbsp soya flour
- $\frac{1}{4}$  grated cucumber
- 50 gams grated low fat paneer(cottage cheese)
- 2 tsp finely chopped green chillies
- 2 tbsp finely chopped coriander (dhania)
- salt to taste
- 2 tsp oil for cooking
- FOR THE TOPPING
- $\frac{1}{4}$  cup healthy green chutney

### *Preparation Method*

1. Combine the jowar flour, urad dal flour, soya flour and salt with  $\frac{1}{2}$  cups of water in a deep bowl and mix well to make a thin batter.
2. Add the cucumber, paneer, green chillies and coriander and mix well.
3. Heat a non stick pan and grease it with oil.
4. When hot, pour a spoonful of batter and spread it to make mini pancakes.
5. Cook on both the sides till golden brown in colour.
7. Top each pancake with a little green chutney and paneer.
8. Serve immediately.