

C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

Ingredients

- For Green masala paste:
- 5-6 curry leaves
- · half inch ginger
- 2 green chili
- 2-3 clove garlic
- 1 tsp jeera
- Half tsp ajwain,
- Jowar atta 1/4 cup
- 3 tbsp grated lauki / bottle gourd
- 1 tbsp chopped coriander
- salt to taste
- Turmeric powder half tsp
- · water as required
- oil 1 tsp

Preparation Method

- Grind all the ingredients (From curry leaves to ajwain) to make green masala .
- Take this prepared masala in bowl, add lauki, coriander salt turmeric powder and mix very well
- Than add jowar atta, mix well
- If required add 1 tbsp water at a time, and make dough.
- Than take small portion of the dough, roll i in dry jowar atta, make medium size pancake with using roller or by hand
- On a hot tawa, using 1 tsp oil, cook this pancake on medium flame.
- Jowar lauki pancake is ready, serve with chutney