



Jowar Handvo (OP I)

Serving: 1

Veg

Ingredients

- Rava - 2 tbsp
- Jowar flour - 1 tbsp
- Curd - 1 tsp
- salt to taste
- Onion - 2 tbsp chopped
- carrot - 2 tbsp grated
- corn - 1 tbsp chopped
- Spinach - 2 tbsp chopped
- Methi - 2 tbsp chopped
- red chilli flakes - 1/4 tsp
- Oregano - 1/4 tsp
- cumin seeds - 1/4 tsp
- sesame seeds - 1/4 tsp
- asafoetida- pinch
- Oil - 1 tbsp
- Baking soda - 1/4 tsp

Preparation Method

- Take a bowl add rava and jowari atta add 1 tsp curds , salt , mix it properly.
- add gradually add water, mix properly, cover and rest for 15 minutes.
- add chopped onion , grated carrot , boiled corn , chopped spinach , chopped fenugreek
- Add chilli flakes - 1/4 tsp , mix well , add 1/4 tsp cumin seeds , baking soda - 1/4 tsp add water , mix it nicely .
- Heat oil in a non-stick pan and add sesame seeds, and asafoetida and saute on a medium flame for a few seconds.
- Pour the batter over it and spread it evenly. Cover it with a lid and cook on a medium flame for 10 minutes or till the base turns golden brown in colour and crisp.
- Lift the handvo gently using 2 large flat spoons and turn it over to the other side.
- Cover and cook on a medium flame for another 7 to 8 minutes or till it turns golden brown in colour.
- Cool slightly and cut into equal pieces.
- serve hot