



Thalipeeth

Serving: 1

Veg

Ingredients

- **INGREDIENT :**
- 3 tbsp Besan (bengal gram flour)
- 3 tbsp Jowar (white millet) flour
- 3 tbsp Whole flour (gehun ka atta)
- 1 small Onion , chopped
- 1 Tomato, chopped
- 2 tbsp chopped coriander (dhania)
- 2 Green chilies, finely chopped
- Salt to taste
- **OTHER INGREDIENT :**
- 1 tbsp sesame seeds (til)
- 2 tsp oil for cooking.

Preparation Method

- 1. Mix together all the ingredients in a bowl add enough water to make a thick batter.
- 2. Heat and grease a non - stick tava (griddle)
- 3. Spread a layer of the batter to form a pan cake of 4mm. (1/6
- 4. Cook on both sides till golden brown ,using a little oil.
- 5. Repeat to make 3 more thalipeeth.
- 6. Serve hot with green chutney.
- **TIPS :**
- 1 You can add almost any flour that is on your kitchen shelf like bajra flour, rice flour, nachni flour, etc