



Protien Rich Chilla

Serving: 1

Veg

Ingredients

- Serves 1
- 2 tbsp chana dal flour OR Moong dal flour
- 1 tbsp Soya flour
- $\frac{1}{4}$ cup finely chopped mixed vegetables (onions, carrots, French beans)
- $\frac{1}{4}$ tsp carom seeds
- A pinch of turmeric powder
- $\frac{1}{4}$ tsp green chilli paste
- Salt to taste
- Water as required
- $\frac{1}{2}$ tsp oil for cooking

Preparation Method

- 1. Mix all the ingredients well in a deep bowl and add enough water to make a batter like consistency.
- 2. Heat a non-stick pan over a medium flame and put some oil when the pan is hot enough, pour a ladleful of batter and spread it out just a little bit maintaining $\frac{1}{2}$ thickness.
- 3. Put some oil around the chilla, and toss the chilla onto the other side after 1 minute. Cook till both the sides of the chilla turn golden brown.
- 4. Serve hot with Coriander & mint chutney