



Besan Pancakes with Sprouts

Serving: 1

Veg

Ingredients

- -Bengal gram flour (besan)- 2 tbsp
- -Bean sprouts- 1 tbsp (boiled)
- - Red capsicum- 1 tbsp
- - Yellow capsicum- 1 tbsp
- -Green capsicum- 1 tbsp
- -Tomato- Half small tomato
- -Green chillies - 1 no.
- -Fresh coriander leaves chopped- 1 tbsp
- - Cumin seeds- $\frac{1}{2}$ tsp
- -Carom seeds (ajwain)- $\frac{1}{4}$ tsp
- - Red chilli powder- a pinch
- - Oil- $\frac{1}{2}$ tsp.
- - Salt - as per taste

Preparation Method

1. Place the gram flour in a bowl.
2. Add salt, carom seeds and red chilli powder.
3. Add water, little by little, and whisk to make a smooth dosa like batter. Chop all the vegetables.
5. Heat oil in a non stick pan and add cumin seeds and carom seeds.
6. When the seeds begin to change colour, add chopped vegetables and toss.
7. Add bean sprouts, salt and coriander leaves and mix well and cook for some time.
8. Heat a dosa tawa and put a little oil on it. Pour a little batter and spread into a round pancake.
9. Drizzle a little oil all around the pancake and cook till the underside is lightly browned.
10. Spread a little of the filling over the pancake and switch off the heat.