



Green Peas Pancake

Serving: 1

Veg

Ingredients

- 1/4 cup boiled green peas
- 2 tsp rice flour (chawal ka atta)
- 2 tsp besan (bengal gram flour)
- Pinch of turmeric powder (haldi)
- 1 tsp finely chopped green chillies
- salt to taste
- pinch of fruit salt
- 1 tsp oil for greasing and cooking
- 1 tbsp grated low-fat paneer
- 1/4 cup grated carrot
- salt to taste

Preparation Method

- 1. Grind the green peas in a blender to a coarse paste, using very little water. (only if required)
- 2. Transfer the paste to a bowl, add the rice flour, besan, turmeric powder, green chillies, salt and 1 1/4 cup water and mix well to make a batter of pouring consistency.
- 3. Just before making the pancakes, add the fruit salt and mix gently.
- 4. Heat a tava (griddle) and grease it lightly with oil.
- 5. Pour a small spoonful of the batter on the tava and spread it to make a 50mm (2") diameter circle.
- 6. Sprinkle a little paneer, carrots and tomatoes over it and smear a little oil along the edges of the pancake.
- 7. When cooked on one side, turn it over and cook on the other side for a few seconds.
- 8. Repeat for the remaining batter and topping to make more mini pancakes.
- 9. Serve hot.