



Besan oats pizza (OP I)

Serving: 1

Veg

Ingredients

- Oats – 2 tbsp
- Paneer – 30 grms
- Capsicum – 1 tbsp chopped
- Besan : 3 tbsp
- Bell paper – red – 1 tbsp
- Tomato – 1 tbsp chopped
- Onion - 1 tbsp chopped
- Sweet corn – 1 tbsp boiled
- Salt to taste
- Pizza sauce – 2 tsp
- Cooking oil – 1 tsp

Preparation Method

- Take a bowl and add oats and besan and mix them well. Add salt to taste. Then add water to make a thick batter.
- Spread the batter on a preheated pan or tava. • Keep the heat from low to medium.
- sprinkle some oil, flip once slightly cook for one side, make a small gap (hole).
- Spread 2 tsp pizza sauce, the first layer grated paneer, add the vegetable (capsicum, red bell pepper, yellow bell pepper, tomato, onion, corn)
- cover it, and cook on low heat.
- Add chili flakes and oregano.
- Serve