



Protein Handvo (OP I)

Serving: 1

Veg

Ingredients

- Green moong dal - 2 tbsp
- Chopped or grated vegetables(caabbage ,carrot , dudhi)- 2 tbsp
- Semolina 1 tbsp
- Besan 1 tbsp
- Finely chopped coriander - 1 tsp
- Green chilli paste $\frac{1}{4}$ Teaspoon
- Garlic and Ginger paste $\frac{1}{4}$ Teaspoon
- Salt to taste
- oil $\frac{1}{2}$ Teaspoon
- Mustard seeds $\frac{1}{4}$ Teaspoon
- Carom seeds a pinch
- Asafoetida a pinch
- Chopped red chilly - 1
- Sesame seeds $\frac{1}{4}$ Teaspoon

Preparation Method

- -Combine the drained green moong dal and $\frac{1}{4}$ cup of water in a mixer and blend to a coarse paste.
- -Transfer the mixture into a deep bowl, add semolina, besan, coriander, green chilli paste, garlic and ginger paste, salt and water and mix well.
- -Just before making the handvo, add 1 tsp of water evenly over it and mix gently.
- -Heat oil in a non-stick pan and add mustard seeds, carom seeds, kashmiri red chilli, sesame seeds, and asafoetida and saute on a medium flame for a few seconds.
- -Pour the batter over it and spread it evenly. Cover it with a lid and cook on a medium flame for 10 minutes or till the base turns golden brown in colour and crisp.
- -Lift the handvo gently using 2 large flat spoons and turn it over to the other side.
- -Cover and cook on a medium flame for another 7 to 8 minutes or till it turns golden brown in colour.
- -Cool slightly and cut into equal pieces.
- -Serve immediately with green chutney.