



Jowari Tomato Chilla

Serving: 1

Veg

Ingredients

- Serves 1 (Makes 2 chilla)
- -2 tbsp Jowari Atta
- -1 tbsp oats atta
- -1 tbsp wheat Atta
- -1 tbsp chopped onions
- -2 tbsp finely chopped tomatoes
- -1 tsp chopped green chillies
- -1 tbsp chopped coriander
- -salt to taste
- - $\frac{1}{2}$ tsp pure ghee

Preparation Method

- 1 Mix all Ingredients in a bowl. add enough water to make a batter of pouring consistency
- 2 Grease a non stick Tava
- 3 Pour the batter on Tava and spread it in a circular motion.
- 4 Cook till golden brown from both sides
- 5 Serve hot with green chutney.