



Stuffed moong chilla

Serving: 1

Veg

Ingredients

- -Yellow Moong dal - 3 tbsp
- -Black eye kidney beans 1 tbsp
- -(Soaked for 4 hours, grind it into paste)
- -Turmeric- 1 pinch
- -Asafoetida -1 pinch
- -Salt as per taste
- -Black salt as per taste
- -Fresh coriander -2 tbsp
- -spring onion (Optional) - 1 tbsp
- **For stuffing :**
- Cabbage -chopped - 2 tbsp
- Carrot grated - 3 tbsp
- Capsicum Chopped -2 tbsp
- Black pepper powder -1 tsp.
- Salt
- **Green sauce:-**
- Fresh coriander 4 tbsp
- Scrapped coconut 1 tbsp
- Green. chilli As per taste
- Salt As per taste

Preparation Method

- **Step 1 :**
- Grind both the dal with salt ,turmeric,asafoetida,black salt and little water into fine batter. Add finely chopped coriander leaves and spring onion.
- **step 2 :**
- Mix all the above ingredients, make a filling.
- Make green sauce
- Spread Dosa batter on a Tava
- Put a lid on the Dosa.
- Cook Dosa from one side.
- Remove from Tava & apply chutney
- -Put filling on the Dosa & roll it, cut into three pieces
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- Serve it.