**Moong Dal Chilla**

Prep time: 3 hours Cook time: 15 min

**Ingredients:**

* 1 cup moong dal (split green gram)
* 1 green chili, chopped
* 1-inch ginger, grated
* 1 tsp jeera (cumin seeds)
* ¼ tsp haldi (turmeric powder)
* 2 tbsp coriander leaves, chopped
* A pinch of hing (asafoetida)
* ½ tsp low sodium salt (or as required)
* Water, as needed
* 1 tbsp olive oil (or any cooking oil)

**Instructions:**

1. Rinse and soak the moong dal in water for 3 hours. Drain the water completely.
2. Transfer the soaked dal to a blender, add chili, ginger, and jeera, and blend into a smooth batter, adding little water as needed. The batter should have a pourable but thick consistency.
3. Pour the batter into a bowl and mix in haldi, coriander leaves, hing, and salt. Adjust water if required.
4. Heat a tawa (griddle) on medium heat and lightly grease it with oil.
5. Pour a ladleful of batter onto the hot tawa and spread it gently in circular motions to form a thin chilla.
6. Drizzle ½ tsp of oil around the edges and cover it with a lid. Cook for 1-2 minutes until the bottom turns golden brown.
7. Flip the chilla carefully and cook the other side for another 1-2 minutes, pressing gently for even cooking.
8. Once crispy and golden, remove from heat.
9. Serve hot with mint chutney, curd, or tomato ketchup.