



Vegetable Besan Cheela With Oil

06 Aug 2018 10 Min

Details

A nutrient dense snack option, gram flour pancakes topped with vegetables and spices.

Ingredients



2.0 Tbsp(14.0 gm) Besan



2.0 Chopped Tsp(6.0 gm) Tomato



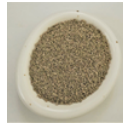
1/2 Chopped Tsp(2.0 gm) Capsicum



2.0 Grated Tsp(5.0 gm) Carrot



1/2 Chopped Tsp(1.0 gm) Green Chilli



0.13 Tsp(0.29 gm) Ajwain



0.13 Tsp(0.56 gm) Salt



1.0 Tsp(4.0 ml) Oil



50.0 MI(50.0 ml) Water

Method (Step-By-Step)

- In a mixing bowl, add 1.5 tbsp of besan, 1/2 tsp chopped green chilli, and 2 tsp chopped tomato.
- Add 1/2 tsp chopped capsicum, and 2 tsp grated carrot, and mix well.
- Add 1/8th tsp each of ajwain and salt.
- Add sufficient water and mix well.
- Pour the prepared mixture into a heated tawa and spread.

- Add 1 tsp oil to fry and flip.
- Add 1 tbsp grated cheese on top.
- Serve hot.