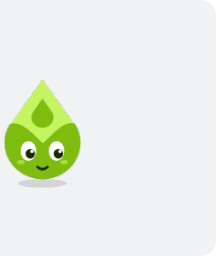
Breakfast, Indian

Savory Chana Dal and Vegetable Pancakes

Golden pancakes of coarsely ground soaked chana dal are packed with fenugreek leaves, spinach, carrot, dahi (curd) and warm notes of ginger and green chillies.

25 min	127	17 g	2.7 g
time	calories	carbs	sugars



Vegetarian | Gluten free | Freezer safe

Ingredients, 6 servings

- [ ] 1/2 cup chana dal (split Bengal gram) , soaked for 4 to 5 hours and drained
- [ ] 1/2 cup finely chopped fenugreek leaves (methi)
- [ ] 1/2 cup grated carrot
- [ ] 1/2 cup finely chopped spinach (palak)
- [ ] 4 to 6 curry leaves (kadi patta) , roughly chopped
- [ ] 1 tbsp finely chopped green chillies
- [ ] 1 tsp grated ginger (adrak)
- [ ] 2 tbsp dahi (curd)
- [ ] salt (namak) to taste
- [ ] 1 tsp oil
- [ ] 1/2 tsp fruit salt
- [ ] 3 tsp peanut oil for greasing and cooking

Nutrition Facts

Per serving

Calories	127
Total fat	5.2 g
Saturated fat	Not listed
Sodium	Not listed
Total carbs	17 g
Fiber	Not listed
Total sugars	2.7 g
Protein	5.4 g

Method

- [ ] **1** Blitz the soaked and drained chana dal with roughly 1/4 cup of water until a coarse paste forms.
- [ ] **2** Stir the fenugreek leaves, spinach, carrot, curry leaves, ginger, green chillies, dahi (curd), 1 tsp oil and salt through the paste until everything is evenly blended.
- [ ] **3** Hold the fruit salt back until just before serving, then sprinkle it into the batter and stir it in gently.
- [ ] **4** Split the finished batter into 6 equal portions.
- [ ] **5** Warm a non-stick tava over heat with 1/4 tsp taken from the 3 tsp of peanut oil kept for greasing and cooking, then spread one portion over it into a pancake roughly 100 mm (4 inch) across.
- [ ] **6** Cook the pancake on a slow flame until both sides turn golden brown, drizzling another 1/4 tsp of peanut oil around it while it cooks.
- [ ] **7** Prepare the remaining 5 portions the same way, greasing the tava and cooking each pancake with the rest of the peanut oil.
- [ ] **8** Serve the chana dal pancakes hot.

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