



Spinach Besan Cheela Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic
- gms Besan (Gram Flour)
- 1/2 1/2 Teaspoon Ajwain
- 1/4 1/4 Teaspoon Turmeric Powder
- Pinch Salt
- Cup Spinach (Chopped)
- Teaspoon Ginger
- Tomato (Chopped)
- Onion (Chopped)
- Tablespoons Coriander Leaves (Chopped)
- Green Chillies
- Cup Hot Water
- Tablespoons Oil

Instruction

1. Prepare ingredients as mentioned in the list.
2. In a mixing bowl, add gram flour, carom seeds, turmeric powder and salt to taste. Then add water, stirring continuously to avoid lumps and make a thick batter of pouring consistency. (5 min)-cooking Add ginger, tomatoes, onion, coriander leaves and green chillies and MAGGI Masala-ae-Magic, mix well.
3. Add spinach leaves, ginger, tomatoes, onion, coriander leaves and green chillies and MAGGI Masala-ae-Magic, mix well
4. Heat a non stick pan and brush it with a few drops of oil. On a medium heat, take a ladle full of batter and pour the batter in the centre and quickly spread it across the pan to make a round Cheela/Pancake.
5. Drizzle oil around edges and centre and let it cook until it loosens. Flip on other side and cook until golden brown.
6. Repeat the process using the remaining batter for preparing more cheelas. Serve hot with green coriander mint chutney and MAGGI Hot & Sweet Sauce Tomato Chilli Sauce.

Nutrition

Carbohydrates	34.75 g
Energy	289.77 kcal
Fats	11.22 g
Protein	12.46 g

35 Minutes

4 Servings