



Spinach Besan Cheela Recipe with Methi leaves (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- 3/4 3/4 Cup Spinach
- Tablespoons Kasuri Methi
- gms Besan (Gram Flour)
- 1/2 1/2 Teaspoon Ajwain
- 1/4 1/4 Teaspoon Turmeric Powder
- Teaspoon Ginger (Cut Into Strips)
- Tomato (Medium, Chopped)
- Onion
- Tablespoons Coriander Leaves (Chopped)
- Green Chillies (Chopped)
- 1/2 1/2 Teaspoon Kalonji
- Cup Water
- Pinch Salt (To Taste)
- Tablespoons Oil

Instruction

1. Prepare ingredients as mentioned in the list.
2. Blanch the spinach and methi leaves together strain and grind them to a smooth paste.
3. In a mixing bowl, add gram flour, carom seeds, turmeric powder, spinach and methi puree. Then add water, stirring continuously to avoid lumps and make a thick batter of pouring consistency. Add ginger, tomatoes, onion, coriander leaves, green chillies, kalonji and water. Add MAGGI Masala-ae-Magic, mix well. Adjust salt to taste.
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 center and quickly spread it across the pan to make a round cheela /pancake.
5. Brush oil around edges and centre (if and when required) and let it cook until it loosens. Flip on other side and cook until slight browning.
6. Repeat the process using the remaining batter for preparing more cheelas. Serve hot with green coriander mint chutney.

Nutrition

Carbohydrates	33.95 g
Energy	272.68 kcal
Fats	9.72 g
Protein	12.36 g

20 Minutes

5 Servings