

Recipe Name: PESARATTU
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity:



Description

INGREDIENTS

1 cup = 250ml Whole moong / Green gram – 1 cup Raw rice – 2 tbsp Green chilli – 2 Ginger – 1/2 inch Cumin seeds – 1/2 tsp Salt & water – as needed Ghee or cooking oil – to drizzle over Pesarattu
 Chopped onion, green chilli

HOW TO MAKE ANDHRA STYLE PESARATTU RECIPE

Wash and soak green gram along with rice for 4 to 6 hours. Grind to a smooth or slightly coarse paste adding cumin seeds, green chilli and ginger. Transfer to a bowl. Add salt and mix well. Heat a dosa tawa. Spread the dosa thin or thick. Drizzle oil or ghee. Cook the dosa till its crispy and well cooked. No need to flip it. Flip the dosa and cook if you make it thick. Serve with Allam pachadi / Ginger chutney.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	10	40	4	5	2

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