DietCloud – Recipe

Recipe Name: Andhra Cheese & Vegetables Pesarattu Recipe

Diet Type: Vegetarian

Course: South Indian Breakfast

Cuisine: Fusion

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Green Moong Dal (Whole) - soaked overnight	3
• 1/4 cup Broken Raw Rice - soaked overnight	
• 1/4 cup Instant Oats (Oatmeal)	
• 5 Methi Seeds (Fenugreek Seeds) - soaked overnight	
• 2 Green Chillies	
• 1 inch Ginger	
• 1/4 cup Coriander (Dhania) Leaves	
• Salt - to taste	
• Ghee - to make the Pesarattu	
• 1/2 Yellow Bell Pepper (Capsicum) - sliced	
• 1/2 Red Bell pepper (Capsicum) - sliced	
• 1/2 Green Bell Pepper (Capsicum) - sliced	
• 1 Onion - sliced	
• 100 grams Paneer (Homemade Cottage Cheese)	
• 1/2 cup Tomato Ketchup - or Pizza sauce	
• 1/4 cup Red Chilli sauce - (adjust to taste)	
• 2 tablespoons Coriander (Dhania) Leaves - finely chopped	
• Mixed Herbs (Dried)	
• Salt - to taste	
• Mozzarella cheese - or cheddar	

Preparation

• To begin making Andhra Cheese Vegetables Pesarattu Recipe, prep all the ingredients and prepare pesarattu first.
• For the pesarattu, the first wash and soak the green moong beans and raw rice separately in enough water for about 6-7 hours or overnight.
• The fenugreek seeds should be soaked with the raw rice.

DietCloud – Recipe

- In a mixer grinder, dry grind the oats to a powder and keep it separately until required.
- Then, grind together the moong, green chillies and ginger using sufficient water to get a fine paste.

- In a bowl, mix together the chopped vegetables, paneer, coriander, salt and mixed herbs.

- Heat a pancake pan and grease with homemade ghee.

-)When one side is done, flip over and cook on the other side till crisp.

- Immediately roll dosa from both sides covering the filling to make a wrap.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)