

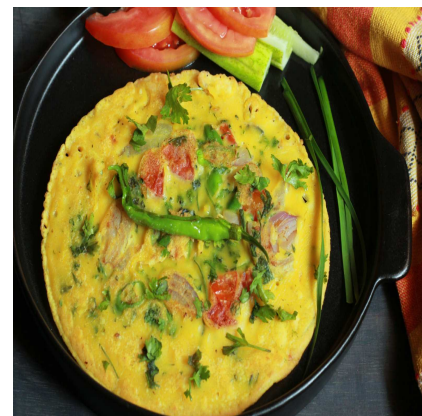
Recipe Name: Vegan Chickpea Omelette Recipe (Spiced Chickpea Flour Pancakes)

Diet Type:

Course: North Indian Breakfast

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Gram flour (besan)	4
• 1/2 cup Coconut milk	
• 3/4 cup Water	
• 1 inch Ginger - grated	
• 2 cloves Garlic - grated	
• 1/2 teaspoon Ajwain (Carom seeds)	
• 1/4 teaspoon Asafoetida (hing)	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1/4 teaspoon Baking soda	
• 2-3 Green Chillies - finely chopped	
• 1 Onion - finely chopped	
• 1 Tomato - finely chopped	
• Coriander (Dhania) Leaves - A handful finely chopped	
• Salt - to taste	
• Sunflower Oil - for cooking	

Preparation

- To begin making the Vegan Chickpea Omelette Recipe, first place a non-stick griddle/tava on the heat.
- Turn the heat to low so it can slowly pre-heat while you prepare the batter.
- To make the batter, sieve the chickpea flour/besan into a mixing bowl to remo.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	10	30	10	5	5