

Moong Dal Palak Cheela

INGREDIENTS

- 250 grams Yellow Moong Dal (Split)
- 1/2 cup Curd (Dahi/ Yogurt), whisked
- 50 grams Spinach Leaves (Palak), finely chopped
- 1 Onion, finely chopped
- Coriander (Dhania) Leaves, a bunch, finely chopped
- 2 Green Chillies, finely chopped
- 1 inch Ginger, grated
- 3/4 teaspoon Cumin (Jeera) seeds
- 1/2 teaspoon Turmeric powder (Haldi)
- 3/4 teaspoon Red chilli powder
- 2 teaspoons Lemon juice
- Salt, to taste
- Cooking oil, as needed

METHOD

1. To begin making the Moong Dal Palak Cheela Recipe, clean, wash and soak the moong dal in water for 4 to 5 hours. Once ground, drain the water to a separate bowl.
2. Grind the soaked moong dal adding little water at a time to make a smooth and thick batter. The batter should be of pouring consistency.
3. Pour the cheela batter into a large mixing bowl. Add the remaining ingredients except the oil and stir well to combine. Check the salt and adjust to suit your taste.
4. Heat a skillet on medium heat and grease it with oil. Pour a ladleful full of batter and spread it into a thin crepe. Drizzle some oil around the center and the edges of the Palak Cheela.

5. Let it cook well until the base gets light golden brown color and the top of cheela gets dried. Flip and cook on the other side. Once done, remove from the pan and proceed to make the Palak Cheelas the similar way.
6. Serve the Moong Dal Palak Cheela along with Sweet and Spicy Tomato Chutney.
