

Oats Vegetable Pancake

INGREDIENTS

1/2 cup mushrooms, finely chopped

1/2 cup carrots, shredded

1/2 cup boiled green peas

5-6 broccoli florets

1-2 garlic cloves, minced

1 cup quick cooking oats, powdered

3/4 -1 cup buttermilk/water

1 tsp salt

1 egg, beaten

1 teaspoon oil

Ghee as required

METHOD

1. Blanch the broccoli. Heat water in a pot. Once it starts boiling, add salt to taste and add in broccoli florets. Let them cook for 2 minutes or until they turn a bright green. Immediately transfer it into a bowl, filled with water and ice. Let it remain in the ice water for 30 seconds, drain, and crumble the florets into tiny pieces. Set it aside.
2. Heat oil in a fry pan. Add in minced garlic and chopped mushroom. Cook for 2-3 minutes on medium heat, until the mushrooms are cooked.
3. Toss in the shredded carrots and boiled peas. Cook for another minute.
4. Finally add the crumbled broccoli and stir fry for a minute.
5. Season the veggies with salt and pepper. Mix and transfer to a plate.
6. In a large mixing bowl, whisk together the oats flour, baking powder and salt.

7. Add the veggies, beaten egg and buttermilk. Mix everything well with the help of a spoon until just combined.
8. Heat a non-stick fry pan and brush it with ghee. Mix the batter and pour ¼ cup of the batter on the skillet. Use ladle to spread out the batter to form a pancake, about 5-6 inches thick, and let it cook on medium heat.
9. Once the edges begin to cook and the bottom is golden brown, flip it with a big spatula. Let the other side cook until golden brown. Prepare the remaining pancakes in the same way. Remember to stir the batter every time so that the veggies and batter are equally distributed.
10. Serve hot with ketchup and coriander chutney.
