

Stuffed Chilas

INGREDIENTS

For chilas:

1 cup gluten free besan

1 tbsp oil

salt to taste

oil for cooking

For the Stuffing:

2 cups paneer (cottage cheescubes)

1 cup green peas, boiled

1/2 cup chopped tomatoes

1 green chilli, chopped

1/2 tsp cumin seeds (jeera)

2 tbsp chopped coriander (dhania)

1 tsp chaat masala

1 tbsp butter

salt to taste

1/4 Cup Green Chutney

METHOD

For the chilas:

1. Mix the gluten-free gram flour or besan, salt and 1 tablespoon of oil into a thin batter, using enough water.

2. Heat the non-stick tava (griddland grease it with oil.
3. Pour a ladleful of the mixture on the tava and spread it evenly to make a thin pancake.
4. Cook both sides on a medium flame using a little oil to cook. Take care to see that it does not brown.
5. Repeat for the remaining batter to make more chilas. Keep aside.

For the stuffing Mixture:

1. Heat the butter and add the green chilli and cumin seeds.
2. Add the tomatoes and sauté for 2 to 3 minutes.
3. Add the paneer, peas, chaat masala and salt and sauté for a few more minutes.
4. Top it with the chopped coriander, divide into 12 portions and keep aside.

How to Proceed:

1. Place one portion of the stuffing mixture on a chila and fold it to make a semicircle.
 2. Top with green chutney and serve hot.
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