

RECIPE

Quinoa Veggie Chilla



Ingredients

- - 1 katori quinoa, soaked for 2 hours
- - 1/2 cup mixed vegetables (carrot, bell pepper, spinach, etc.), finely chopped
- - 1 small onion, finely chopped
- - 1 green chili, finely chopped (optional)
- - 1/2 teaspoon cumin seeds
- - 1/2 teaspoon turmeric powder
- - Salt to taste
- - Water as needed
- - Oil for cooking

Preparation

1. Prepare the Quinoa Batter:

- Drain the soaked quinoa and transfer it to a blender.
- Add a little water and blend to make a smooth batter. The consistency should be similar to pancake batter.

2. Mix the Vegetables:

- In a mixing bowl, combine the quinoa batter with the chopped vegetables, onion, green chili, cumin seeds, turmeric powder, and salt.
- Mix well to evenly distribute the ingredients.

3. Cook the Chillas:

- Heat a non-stick skillet or tawa over medium heat and lightly grease it with oil.
- Pour a ladleful of the batter onto the skillet and spread it out in a circular motion to form a thin chilla.
- Cook for 2-3 minutes until the edges start to lift and the bottom is golden brown.
- Flip the chilla and cook the other side for another 2-3 minutes until golden brown and cooked through.
- Repeat the process with the remaining batter.

4. Serve:

- Serve the quinoa veggie chilla hot with your favorite chutney or yogurt.