

High Protein Moong Dal Cheela with Stuffed Paneer

Recipe Makes: 4 Servings

Nutritional Value (per serving)

Calories: 128 kcal **Protein:** 8.4 g **Carbohydrate:** 13 g **Fat:** 4.6 g

Ingredients

For Batter

½ cup Yellow Moong Dal (Split)
¼ cup White Urad Dal (Whole)
1 inch Ginger, finely chopped
1 Green Chilli, finely chopped
Salt, to taste
½ teaspoon Cumin (Jeera) Seeds
¼ teaspoon Turmeric (Haldi) Powder
Coriander (Dhania) Leaves, finely chopped

For Filling

½ cup Paneer, grated
¼ cup Onion, finely chopped
¼ cup Tomato, finely chopped
1 Green Chilli, finely chopped
½ tablespoon Chaat Masala Powder
Coriander (Dhania) Leaves, finely chopped
Salt, to taste

Instructions

1. To begin making the recipe, soak the moong dal and urad dal together for at least 6 hours/overnight.



2. Grind moong dal along with green chilies and ginger into a smooth batter adding just enough water to grind the dal. The consistency of the batter should be that of a pancake (do not add too much water).
3. Combine all the ingredients for the paneer filling mixture. Keep aside.
4. Heat a pan and pour a ladle full of moong dal cheela batter in circular fashion from centre going outwards making a diameter approximately 6 inches.
5. Drizzle oil/ghee around the spread cheela batter. Allow the moong dal cheela to cook to medium heat. You will notice brown spots appearing inside and around the sides. Let it get crisp and then flip and cook the cheela for a about a minute.
6. Remove from the moong dal cheela from the pan, place it on a platter with the bottom side facing down. Fill about scoop of paneer filling along centre diameter of cheela and fold it lengthwise tightly. Cut the roll diagonally into 2 or three pieces and sprinkle more chaat masala on the top.
7. Serve Moong Dal Cheela along with chutney of your choice.