

Recipe- Vegetable Cheela

Suji Vegetable Cheela

Ingredients (4 nos)

Suji/ Semolina 1 cup

Curd 2 tbsp

Crushed black pepper 1 tsp

Salt 1 tsp or according to taste

Chopper onion 1 medium

Chopper tomato 1 medium

Chopper capsicum 1 medium

Chopped potato 1 small

Chopped paneer 2 tbsp

Ghee/ Oil to fry

Method

- Take suji in a deep bowl add curd and salt and mix well.
- Add sufficient water to make a medium thick paste.
- Cover and keep aside for 1-2 hours.
- Add chopped vegetables, black pepper and pinch of salt mix well.
- Heat non stick tawa on a medium flame.
- Apply 1 tsp ghee or oil on the tawa and wipe with a clean cloth.
- Pour some mixture (around 3-4 tbsp) over the tawa and spread in a round shape.
- Apply ghee or oil on the sides and cover with a lid. Turn the flame to low.
- Check in 2-3 minutes if upper side of cheela is cooked turn carefully and let this side also cook.
- Flip again if needed, when looks crispy on both sides serve hot with ketchup.

Tips

You can use yellow or red capsicum as well to make the dish more colorful.

You can use your choice of vegetables.

according to your child taste and tolerance.