Semolina pan cake

Ingredients

1 cup semolina

1 cup beaten curd,

Finely chopped vegetables

Salt and pepper – to taste

Method

1 Soak semolina in the curd for 30 minutes. Add water, if required. The mixture should be of a thick consistency.

2 Add salt and spices to taste. Finally , add finely chopped vegetables such as onions, capsicum, tomatoes, carrots etc.

3 On a non-stick tawa put some oil and pour some mixture. Flatten the mixture and cook on medium to low flame .Cook both the sides until the pancake is crisp. Serve hot with chutney. (also makes for a wholesome lunchbox dish ) Relish! happy cooking !