INDIAN · BREAKFAST · LUNCH

Moong Dal and Paneer Cheela (Lentil Pancakes)

95 min · Serves 5 · 331 kcal a serve · Video 9:11 · Your Food Lab

Vegetarian · Gluten-free ingredients · Nut-free

A filling, flour-free breakfast: each serve gives about 18 g protein from the dal and paneer, around 11 g fibre and plenty of vegetables, plus calcium from the paneer.

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Ingredients

16 · SERVES 5

- [ ] 1 cup **yellow moong dal** (split mung beans), washed and soaked
- [ ] 1-inch piece **ginger**, for the batter
- [ ] 2 **green chillies**, for the batter
- [ ] a pinch of **cumin seeds**
- [ ] ¼ cup **water**
- [ ] 1 medium **carrot**
- [ ] ½ medium **cabbage** (about 16 oz)
- [ ] 1 medium **capsicum** (green pepper)
- [ ] 1-inch piece **ginger**, for the topping
- [ ] 2 **green chillies**, for the topping
- [ ] 9 oz **paneer**, coarsely grated
- [ ] a handful of **fresh coriander**, chopped
- [ ] a handful of **spring onion greens**, chopped
- [ ] **salt** to taste
- [ ] a pinch of **freshly crushed black pepper** on each cheela
- [ ] **ghee** for cooking (about 1 tsp per cheela)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Wash the moong dal until the water runs clear, then soak it for 1–1½ hours. Drain well. 1:43
2. Blend the dal with one piece of ginger, two green chillies, the cumin, a little salt and ¼ cup water to a smooth, pourable batter that is not too thin. 1:56
3. For the topping, finely chop the carrot, cabbage, capsicum and the rest of the ginger and chillies (a chopper or grater is quickest). Mix in the grated paneer, coriander and spring onion greens. Don't salt it yet. 3:39
4. Heat a flat pan or tawa until a splash of water sizzles away, then wipe it and turn the heat to medium-low. Spread a ladle of batter into a round, not too thin, scatter over some of the topping and press it in. 5:41
5. Sprinkle with salt and pepper, drizzle a little ghee on top and cook until golden underneath. Flip and cook 2–3 minutes more so the vegetables and paneer brown a little. 6:22
6. Flip back, fold or roll the cheela and cut into pieces. Repeat with the rest of the batter. 7:00

> **Tip** Serves 5–6 (the cook's number). Time includes 1 hour soaking the dal. Swap in green moong dal for a pesarattu-style cheela, or use oil instead of ghee. Serve with green chutney.

The method is a summary in our words — the video shows every step.

One serve gives you

1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
331 kcal	18 g	30 g	11 g	16 g	430 mg
1,380 kJ	36% of a day	19 g net · 8.3 g sugars	40% of a day	9.8 g saturated	19% of a day
		11% of a day		21% of a day	

Energy from net carbs 26% · protein 25% · fat 49%

High in (20%+ of a day) Vitamin K 76% · Vitamin C 71% · Folate 53% · Vitamin A 31% · Calcium 24% · Vitamin B12 21%

Source of (10–19%) Zinc 19% · Magnesium 18% · Vitamin B6 18% · Selenium 16% · Potassium 13% · Iron 13%

Recipe and video: Your Food Lab (@YourFoodLab) on YouTube — youtube.com/watch?v=jAoqFvt1Sec, published 15 July 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/yfl-moong-dal-paneer-cheela