



HARA BHARA BESAN RAWA DOSA / POODA



- Besan (gram flour) - 1 cup
- Rava (semolina)- ½ cup
- Curd (plain yoghurt)- 2 table spoons
- Green chillies - 2
- Spinach or methi or coriander leaves chopped - 1 cup
- 1 chopped onion
- 1 crushed carrot
- ½ chopped capsicum (optional)
- Salt to taste and 1 to 2 cups of water depending on the dosa thickness that you prefer

Method

- Mix rawa, besan and salt in 1 cup water and curd
- Leave aside for about ½ hrs
- Add green chillies, chopped leaves, chopped onion, carrot and capsicum and beat the mixture to a smooth batter consistency. Add more water if necessary
- Heat a tawa or flat pan and spread a little oil
- Put batter and spread into a round
- Cook it on both sides till it is light brown and remove from the pan
Serve hot with mint chutney and curd

Serves: 4-5 people

Quick tips: Adding chopped greens to your dosa or pooda, not only makes it crispier but also tasty and nutritious.