Chickpea chapati/pancake

Preparation time

5 minutes

Serves

7

Recipe courtesy of

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Ingredients Method Nutrition

1.5 cups chickpea flour

2 cups water

2 eggs (disregard if vegan)

Optional: 3 cloves of garlic, half a small onion, half a cup of coriander leaves and half a cup of spinach leaves

1. Combine 1.5 cups of chickpea flour and 2 cups of water in a mixing bowl. Beat for 2 minutes until all the lumps disappear.
2. Add 2 eggs to the mixture and beat until the eggs are fully beaten (ignore this step if you are a vegan).
3. Place a 20-22cm non-stick frying pan on high heat. When the pan is hot, add 1 tsp of olive oil to the pan, then pour a thin layer of the mixture into the pan (regular roti thickness) and shake the pan so that the mixture covers the frying pan nicely.

4. Cook for 30 seconds on each side or until the chapatis are cooked through. Repeat this step until you finish the mixture.

Optional: Dice 3 cloves of garlic, half a small onion, half a cup of coriander leaves and half a cup of spinach leaves. Lightly pan fry the mixture with 1 teaspoon of olive oil for 1 minute. Add it to the water chickpea mixture for extra flavour.

Nutritional information is provided per serve

Engery	362 kj (86 calories)
Protein	6g
Saturated Fat	0.5g
Total Fat	2g
Carbohydrates	8g
Sugars	1g
Dietary Fibre	5g
Sodium	27mg