

HARA BHARA BESAN RAWA DOSA / POODA



Hara Bhara Besan Rawa Dosa / Pooda (recipe)

- Besan (gram flour) - 1 cup
- Rava (semolina) - 1/2 cup
- Curd (plain yoghurt) - 2 table spoon
- Green chillies - 2
- Spinach or methi or coriander leaves chopped - 1 cup
- 1 chopped onion
- 1 crushed carrot
- 1/2 chopped capsicum (optional)
- Salt to taste and 1 to 2 cups of water as you like thick or thin dosas



Method for making Hara Bhara Besan Rawa Dosa or Pooda

- Mix rawa, besan and salt in 1 cup water and curd.
- Leave aside for about 1/2 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.