

Mung Bean and Vegetable Pancakes

Ingredients for the Pancakes:

- 1 cup Mung beans, whole
- ½ cup spinach, chopped
- 1 small carrot, grated
- 1 green onion, chopped
- 2 tsp fresh ginger, grated
- 2 tsp cumin seeds
- ¼ cup canola oil
- 1 cup water
- 1 tsp salt
- 1 tsp red chili powder



PREPARATION:

1. Wash the mung beans well and soak them in water for 10-12 hours. To a blender, add the soaked mung beans with water to make a paste. Pour the paste into a bowl. Paste should have a flowing consistency.
2. Mix spinach, carrots, and green onions with the mung bean paste in a bowl. Add in salt, red chili powder, and grated ginger. Mix it well. Add a little water if the batter is too thick.
3. Heat a non-stick pan on a stove on a medium heat. Spray with a little oil and pour one ladle scoop of pancake batter onto the pan. Spread it evenly on the pan. Cook for 2 minutes on a medium heat. Flip the pancake and cook on the other side for another minute. Remove from the pan once the pancake reaches a golden-brown colour on both sides.
4. Serve the pancakes hot with ketchup or coriander and mint chutney.