



Preparation time: 15 min

Cooking time: 20 min

Serves: 4 people

Chef Anahita Dhondy

Ingredients:

Baked beans - 1/2 Cup
Besan (chickpea flour) 1/2 Cup
Water- 1 Cup
Salt- To Taste
Red Chilli Powder -1/2 tsp
Turmeric Powder -1/2 tsp
Onion -1/2 no.
Tomato - 1/2 no.
Green Chili -2 no.
Coriander -1 tbsp
Rice Flour -2 tbsp
Refined Oil -1 tbsp

For Garnish:

Sliced Tomatoes
Rocket Leaves
Baked Beans
Bird Eye Red Chili
Drizzle of Olive Oil
Salt& Pepper- To taste

Baked Beans Cheela

A cool new way to use Baked beans (which are easily available) into a gluten free pancake. Chila or Cheela is a classic Indian eggless pancake made with chickpea flour but I've incorporated the beans to give it that extra boost of nutrition. It's easy and delicious. Do give it a try

Method:

Baked Beans Cheela

- Fine chop all the vegetables.
- In a bowl, mash baked beans using your hands (make sure to wear gloves) and add besan and rice flour to it.
- Add chopped vegetables, salt, red chilli powder, and turmeric powder to the mixture. Add water to it and make it into a flowing batter consistency.
- Heat oil in a pan, and pour the batter into hot pan. Allow it to cook well on a medium flame. Once done, flip the pancake and let it cook from the other side too.
- Once done, garnish it with some sliced tomatoes, rocket Leaves, and some baked beans for crispiness and drizzle it with some olive oil and season it with salt and pepper.
- Serve and enjoy hot.