

SAVOURY CHICKPEA PANCAKE



Serves 2



Prep: 15 min



Cook: 20 min

INGREDIENTS

100g	Cauliflower
35g	Chickpea flour
2 tbsps	Cooking oil
0.5g	Salt
¼	White onion, medium, sliced
2 cloves	Garlic, minced
75g	Bell Pepper, red, diced
60g	Cheddar, shredded

METHODS

1. Grate the cauliflower to yield 1 cup of cauliflower rice.
2. In a small bowl, mix chickpea flour, ½ tbsp of oil, salt and ¼ cup of cold water to make the pancake batter. Let it sit for at least 10 minutes and set aside.
3. In a pan, heat up 1 tbsp of oil and stir-fry the onion, garlic, bell peppers & cauliflower rice until soft. Transfer into a bowl.
4. In a 6" heated pan, add in ½ tsp of oil and pour in ½ of the pancake batter. Swirl the batter to form a thin pancake.
5. Flip it when the edges become crispy and continue cooking until both sides turn slightly browned.
6. Reduce to low heat and fill ½ of the pancake with ½ of the stir-fried vegetables and cheese. Fold the pancake into half and continue cooking until the cheese has melted.
7. Repeat with the remaining batter, stir-fried vegetables and cheese. Enjoy while it is hot!



< 500 KCAL
DISHES



MEATLESS
MONDAY

Nutrition Information (per serving)

Energy 399kcal, Carbohydrate 15.2g, Protein 15.1g, Fats 29.3g, Saturated Fats 10.5g, Polyunsaturated Fats 7g, Monounsaturated Fats 9.7g, Cholesterol 30.8mg, Dietary Fibre 7.7g, Sodium 315.5mg, Potassium 455.6mg, Phosphate 275mg



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