

Masala Dosa

5 SERVINGS 30 MINUTES



INGREDIENTS

4 cups Mini Potatoes (quartered)
1 tbsp Extra Virgin Olive Oil (divided)
1 Red Bell Pepper (seeds removed, diced)
1 tbsp Ginger (peeled, grated)
1 tbsp Lemon Juice
1/4 cup Cilantro (chopped)
Sea Salt & Black Pepper (to taste)
1/2 cup Chickpea Flour
1/2 cup All Purpose Gluten-Free Flour
1/8 tsp Baking Soda
1 1/2 cups Water

NUTRITION

AMOUNT PER SERVING

Calories	216	Carbs	41g
Fat	4g	Protein	6g

DIRECTIONS

- 01 Set the potatoes in a steaming basket over boiling water and cover. Steam for about 10 minutes, or until tender. Set aside.
- 02 Heat 1/3 of the oil over medium-high heat in a pan or skillet. Cook the red bell pepper and ginger until soft, about five minutes. Add the steamed potatoes and mash with a wooden spoon. Add the lemon juice, cilantro, salt, and pepper. Remove from heat.
- 03 In a mixing bowl, whisk together the chickpea flour, all purpose flour, baking soda and water. Season with salt (optional).
- 04 To create the dosas, heat the remaining oil over medium-high heat in a skillet. Pour about 1/2 cup of batter and gently swirl to spread it into a thin layer. Cook for about one to two minutes, or until browned and cooked through. Repeat with the remaining batter, using more oil as needed.
- 05 Divide the dosa onto plates and add the potato-pepper stuffing. Fold over and enjoy!