

Besan ka puda - a spiced savory chickpea crepe - was one of my favorite breakfast dishes growing up. Traditionally it is made really thin (using lots of oil) so it is crispy and so delicious. It is usually eaten with chutney or spicy pickle. I made a healthier - acid friendly version of the recipe sans the chili, where I added lots of minced broccoli and cilantro to the batter. The results were a slightly thicker puda but still really yummy. You can link here for the original recipe.

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Broccoli Besan ka Puda

(An acid reflux friendly recipe)

Serves 2

Ingredients:

2 cups chick pea flour
1/4 head broccoli finely minced (I used a food processor)
1/2 – 3/4 cup water
1/2 bunch cilantro, minced (including stems)
1/2 bunch cilantro finely chopped (including stems)
1/4 tp asafoetida (optional)
3/4 teaspoon turmeric powder (haldi)
1 tsp coriander powder
Oil
Salt to taste

METHOD:

Combine the above ingredients and mix to make a batter. The batter should not be too thick - like a little thinner than a pancake batter consistency. Add water if needed.

On a flat pan heat 1/2 t of oil.

Pour half a ladle of batter on to the pan.

Gently flatten and thin out the batter with the bottom of the ladle using a round circular motion.

Cook the puda for about a 2 minutes till the underside gets a few dark brown spots on it. Add a little oil around the puda.

Then flip it over and cook for another minute or so till the desired crispness is reached.

Serve immediately with any of your favorite chutneys or ketchup.