

## Yellow lentils chillas with herbs (for 10 pieces) (with potatoes & arugula)

### Ingredients

#### For chillas (Indian pancakes) batter

- ♥ 2/3 cup yellow split lentils (red lentils is also suitable), soaked for 3-4 hours with 2 cups water
- ♥ 1 teaspoon curry mix, sea salt & black pepper to taste
- ♥ 1 teaspoon ginger root finely diced or pressed in garlic press (a few flakes of pepperoncino is also an option)
- ♥ 2 t.s. simple extra virgin olive oil (EVOO)
- ♥ 1 generous handful fresh parsley, finely chopped (coriander is very suitable, fresh sweet mint is an option too)

#### For filling

- ♥ 3-4 medium potatoes, boiled & peeled
- ♥ 1 bunch arugula (swiss chard, beetroot leaves are suitable too)
- ♥ sea salt & black pepper to taste
- ♥ 2 t.s. simple EVOO

#### For serving

- ♥ 1 t.s wholegrain sesame seeds

#### For cooking

- ♥ Pan with non-stick surface, 2-3 t.s. simple EVOO, thin wooden spatula, small ladle

### Preparation steps

- ♥ Boil lentils for about 30 min. and remove half of the liquid. Blend all the ingredients (except for the parsley) to a homogenous mix and if needed add some more of the boiling water to get a liquid batter (as we do for pancakes)
- ♥ Add parsley and blend well
- ♥ Pour some drops EVOO on a heated pan (spread it evenly with the spatula), pour a ladle of the batter. From center to sides spread the batter with the ladle to a thin pancake with d~16 cm. This way it is convenient to eat with hands. Cook at medium heat and turn around 2-3 times until golden on both sides. With the first turn around, pour a few drops EVOO and spread it evenly
- ♥ Meanwhile prepare the filling – smash the potatoes with fork, season with salt, pepper, EVOO. Add the arugula and mix well

Split the filling in chillas and sprinkle some sesame. Serve or pack in a lunch box. Cool chillas are also very tasty

INSPIRED by @ministry\_of\_curry

