

Savoury Chickpea Pancakes (Gluten Free)



We love experimenting with all the different varieties of gluten free flours in store and how to use them. Chickpea (or besan) flour is one of our favourites and we find a lot of our customers asking how to use it.

Traditionally it is used in Indian cooking to make pakora, chapati or naan breads, or as a thickener in curries or dahl. However we love using it to make savoury pancakes adding in loads of yummy vegetables to make it a complete tasty meal.

So here you are.....a little inspiration for your kitchen and a great recipe for the whole family.

Serving Size: Makes 10-12 small pancakes or 4 large

Ingredients:

1 cup of chickpea (besan) flour

1 teaspoon turmeric powder

1/2 teaspoon baking powder

3/4 cup water (adjust at the end if you feel the batter is too stiff)

1/3 cup mashed sweet potato

1 1/2 cups coriander leaves finely chopped

2 cups grated carrot (orange or purple)

1 cup cooked baby spinach (4 cups fresh) chopped

Salt & Black pepper to season

Olive oil to brush lightly whilst cooking

Method:

1. Steam the baby spinach lightly then chop into fine pieces
2. In a large bowl, add the chickpea flour, salt and pepper, turmeric and baking powder and mix well.
3. Add the water and whisk well removing any lumps.
4. Add the cooked mashed sweet potato and mix well into the batter.
5. Once combined, add the coriander, carrot and spinach and mix again.
6. If the batter feels too stiff, at a few more tablespoons of water, however it shouldn't be too liquid.
7. Heat olive oil in a non-stick fry pan to medium.
8. Pour in the pancake batter into little bundles then smooth out until you have the thinness you are after.
9. Cook for roughly 2-3 minutes on each side or until batter is cooked through and you have a golden brown colour on the outside.
10. Serve with a delicious green salad and chilli relish (pictured above).

Gluten Free | Dairy Free | Vegan | Vegetarian