**Chickpea Pancakes**

**video link: watch Chef Beth at https://youtu.be/m6NgtRzsQZc**

(by Amy from Health Little Foodies)

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Yield: 4-6 servings

Prep time: 15 mins

Cook time: 10 mins

**Ingredients**

* 1 cup (120g) Chickpea Flour
* 1 1/2 cups 375ml Water
* 2 tbsp Olive Oil \*See Note 1
* 1 Carrot, finely grated
* 1/4 Red Bell Pepper, finely chopped
* 1 Spring Onion, finely chopped
* 1/4 tsp Turmeric
* 1/4 tsp Cumin seeds
* 2 tbsp Chopped cilantro
* 1/4 tsp Salt

**Instructions**

1. In a mixing bowl add the chickpea flour and then slowly add the water, whisking  continually, to form a smooth, lump-free batter. Set aside.
2. In a frying pan, heat 1/2 tbsp of the oil over a medium-high heat. Add the carrot, pepper, onion, turmeric and cumin seeds. Reduce the heat to medium-low and cook until softened (around 4-5 mins)
3. Add the carrot mixture to the chickpea batter along with the chopped coriander and salt (if using). Stir until fully combined.
4. Heat a non stick frying pan over a medium-high heat. When hot add a drizzle of the olive oil (or alternatively use a spray oil). Add a tablespoon of the batter to the pan and use the back of your spoon to spread it out a little (to make them thinner) Repeat to fill the pan. You can also make a larger crepe if you prefer
5. Cook for around 2 minutes on each side (this will vary depending on the pan, heat and how thin your pancake is). You want to look for bubbles forming (see above picture) and your pancakes should be able to be flipped easily.
6. Repeat until you have made all of with the remaining mixture.

Nutritional information is approximate guide only, calculated using an online nutrition calculator. The facts are based on one pancake using one tbsp of mixture.  Yields about 12 -15 pancakes.