

Masala Moong Dal Veggie Pancakes

Servings: 2–3 | **Prep Time:** 10 minutes | **Cook Time:** 12 minutes | **Total Time:** 22 minutes

These masala moong dal veggie pancakes are savory, protein-rich pancakes made from blended yellow lentils, fresh vegetables, and warm Indian spices. Crispy on the outside and soft inside, they're a wholesome option for breakfast, lunch, or a light dinner — naturally gluten-free, filling, and perfect for busy weekdays or meal prep.

Why You'll Love This Recipe

- High in protein & fiber thanks to lentils
- Naturally gluten-free and vegetarian
- Quick to make with simple pantry spices
- Customizable with whatever veggies you have
- Perfect for meal prep and reheating

Ingredients

- 1 cup soaked yellow lentils (moong dal), or canned lentils, rinsed and drained
- ½ cup water (adjust as needed)
- ¼ cup grated carrot
- ¼ cup finely chopped spinach
- ½ tsp turmeric
- ½ tsp ground cumin
- ½ tsp salt
- Oil, for cooking

Ingredient Notes & Substitutions

- **Yellow lentils:** Soaking dried lentils for 3–4 hours gives the best texture, but canned lentils work well for speed.
- **Vegetables:** Carrot adds sweetness and color; spinach adds nutrients. Zucchini, onion, peas, or bell peppers also work.
- **Spices:** Turmeric adds warmth and color; cumin gives earthiness. Garam masala or chili powder can be added for extra flavor.
- **Water:** Batter should be pourable but not thin — similar to pancake batter.

Instructions

Step 1: Blend the batter

Add soaked (or canned) lentils and water to a blender. Blend until smooth and thick but pourable, scraping down sides as needed.

Step 2: Add vegetables and spices

Transfer batter to a bowl. Stir in carrot, spinach, turmeric, cumin, and salt until evenly combined.

Step 3: Heat the pan

Heat a nonstick skillet over medium heat and lightly grease with oil.

Step 4: Cook the pancakes

Pour about ¼ cup batter onto the pan and spread gently into a round. Cook 2–3 minutes until golden and edges are set. Flip and cook another 1–2 minutes until cooked through.

Step 5: Repeat

Repeat with remaining batter, oiling the pan lightly as needed.

Tips for Success

- Keep heat at medium to avoid burning before the inside cooks.
- If batter feels too thick, add 1–2 tablespoons of water.
- Let the pancake cook fully on the first side before flipping.

Serving Suggestions

- Mint yogurt sauce or plain yogurt
- Sweet chili sauce or chutney
- Side salad for a light lunch
- Wrapped in flatbread or served with eggs for breakfast

Storage & Meal Prep

Refrigerator: Store cooked pancakes in an airtight container for up to 3 days.

Reheat: Warm in a skillet or microwave until heated through.

Freezer: Freeze pancakes between parchment paper for up to 1 month.

Variations to Try

- Add chopped cilantro or green onions
- Mix in peas or corn for extra texture
- Add chili flakes or green chili for spice
- Make mini pancakes for kid-friendly portions