

**Gluten Free Red Lentil Pancakes** from [www.bbcgoodfood.co.uk](http://www.bbcgoodfood.co.uk) recommended by Mark Hardy



### **Ingredients**

150g red lentils, soaked in cold water overnight

1tbsp chickpea flour

1tsp ground cumin

1tsp ground coriander

1 tsp ground turmeric

1tsp red chilli powder

1 tsp salt

½ tsp baking powder

75g Greek yoghurt, plus extra to serve

Handful of roughly chopped fresh coriander

2 spring onions

Sunflower oil for frying

Gluten free chutney or pickle to serve

### **Method**

- Soak the lentils overnight before cooking
- To make the batter, rinse and drain the lentils then add to a blender with 155ml water and the chickpea flour, cumin, coriander, turmeric, chilli powder, salt, baking powder and yogurt and blend to a smooth paste
- Transfer to a large bowl and add the fresh coriander and spring onions, whisk well to thoroughly combine all the ingredients and set aside
- Heat a non-stick pancake or small frying pan over a medium heat, once hot brush the pan evenly with oil.
- With a small ladle, pour some batter into the pan and spread immediately across the pan to form the pancake. Brush a little more oil on the top of the pancake and cook for 2-3 minutes each side
- Repeat to cook the remaining pancakes
- Serve at room temperature with yoghurt and pickle or chutney