

Pea & Herb Stuffed Indian Flatbread

Yield: 10 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/yellow-peas-curry-recipe-indian>

Ingredients:

- 3 1/4 cups all purpose flour
- 2 cups wheat flour whole white
- 4 teaspoons baking powder
- 4 teaspoons kosher salt
- 2 teaspoons sugar
- 1/2 cup fat free yogurt plain
- 1 large egg
- 1/4 cup vegetable oil
- 1/2 cup yellow peas
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped fresh mint
- 2 cloves garlic chopped
- 1 jalapeno pepper mined
- 1 tablespoon fresh ginger chopped
- 1/3 cup feta crumbles
- melted butter for brushing
- kosher salt for sprinkling

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 30 milligrams
4. Fat: 9 grams
5. Fiber: 5 grams
6. Protein: 10 grams
7. SaturatedFat: 2 grams
8. Sodium: 1360 milligrams

9. Sugar: 2 grams

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