

QUINOA PESARATTU RECIPE / THINAI PESARATTU



QUINOA PESARATTU

Quinoa Pesarattu Recipe / Thinai pesarattu / Foxtail Millet Pesarattu is a simply delicious and healthy south Indian breakfast dish loaded with lot of proteins and low in carbs. It goes well with [tomato chutney](#) or any chutney of your choice. I had it with coconut chutney. There are different kinds of quinoa available in market. Here I used Red Quinoa, you can also use white quinoa. This non fermentation dosa is prepared with quinoa and green moong dal spiced up with green chilly and ginger. You can have this [pesarattu](#) for both

dinner or breakfast. Also check my other quinoa recipes – [quinoa vegetable biryani](#), [quinoa dosa](#), [quinoa paniyaram](#)

How to make Quinoa Pesarattu Recipe

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Prep time

8 hours

Cook time

30 mins

Total time

8 hours 30 mins

Quinoa Pesarattu recipe /Thinai (foxtail millet) pesarattu is a simple delicious and healthy south Indian breakfast dish loaded with proteins and low in carbs. It goes well with tomato or any chutney of your choice.

Author: Gayathri Ramanan

Recipe type: BRAKFAST

Cuisine: Indian

Serves: 8

Ingredients

- ½ Cup of Red Quinoa
- ½ Cup of Green Moong Dal
- 1 Inch of Ginger
- 2 Green Chilly
- 1 Tbsp of Rice Flour
- 1 Tsp of Roasted Cumin

- 1 Onion, Finely chopped
- Pinch of Asafoetida
- Salt to taste
- Few Coriander Leaves, Chopped
- Water as needed

Instructions

1. Soak both moong dal and quinoa in water for overnight.
2. Drain the water and wash it. Grind it into a fine paste along with ginger and green chilly.
3. Chop the onion. Add onion, rice flour, asafoetida, roasted cumin, salt and coriander leaves to the batter. Mix well.
4. The batter should neither be too thick nor too thin. It should be in dosa batter consistency.
5. Heat a dosa pan, take the laddlefule of batter, pour it in the centre, spread it in a circular motion. Drizzle a tsp of oil around pesarattu. Flip it to the other side. Drizzle another tsp of oil to it.
6. Once cooked remove it from dosa pan. Repeat the same process for the rest of the batter.
7. Serve hot with any favourite chutney.

Notes

You can replace thinai (foxtail millet) in place of quinoa. Use either red chilly or green chilly for spicy taste.

THINAI PESARATTU



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