

# 2-INGREDIENT WRAP/PANCAKE/ DOSA SERVED 3 WAYS

Makes 6 of each variant  
Hands-on time: 20 minutes  
Hands-off time: Overnight

## For the batter:

1 cup (190g) Imbo Red Split Lentils  
2 cups water  
1 tsp salt (optional)

## For the wrap:

Cream cheese  
Grilled chicken salad

## For the pancake:

Beef mince and grated cheese

## For the dosa:

Potato and pea curry

## Serving suggestions:

Green salad (Wrap)  
Mixed salad (Pancake)  
Raita and chopped coriander (Dosa)

## METHOD

1. In a medium bowl, soak the IMBO Red Split Lentils overnight in 2 cups of water and add salt, if using. *\*Chef's Tip: Soaking helps to soften and ensure a smooth batter!*
2. Using a hand blender, blend the soaked IMBO Red Split Lentils with the water it was soaked in for 2 minutes until smooth and lump-free.
3. Heat a medium sized non-stick pan over low heat.
4. Pour half a cup of the lentil batter into the pan and swirl to coat the base evenly.
5. Cook the lentil wrap/pancake/dosa for 1-2 minutes before turning over with a spatula to cook for a further 1 minute. *\*Chef's Tip: Flip once you see bubbles on the surface!*
6. Slide it out onto a plate and cool for 5 minutes. Repeat with the rest.

## For the wrap:

7. Fill the wraps with a grilled chicken salad.

## For the pancake:

8. Fill the pancakes with mince and cheese.

## For the dosa:

9. Fill the dosa with a potato and pea curry.
10. Serve with your favourite sides and ENJOY!