



Sprouts Dhokla

Serving: 1

Veg

Ingredients

- $\frac{1}{2}$ cup sprouted moong (whole green gram)
- Handful finely chopped spinach (palak)
- 1 green chillies , roughly chopped
- salt to taste
- 1 tbsp besan (bengal gram flour)
- $\frac{1}{2}$ tsp fruit salt
- 1 tsp oil
- $\frac{1}{2}$ tsp sesame seeds (til)
- Pinch asafoetida (hing)
- 3 to 4 curry leaves (kadi patta)
- $\frac{1}{2}$ tsp finely chopped green chillies
- oil for greasing

Preparation Method

1. Combine the sprouted moong , spinach and green chillies and blend in a mixer using a little water to a smooth paste.
2. Transfer the paste into a bowl, add the salt, besan along with $\frac{1}{4}$ cup water and mix well to make a batter of pouring consistency.
3. Just before steaming, add the fruit salt and 2 tsp of water over the batter.
4. When the bubbles form, mix gently.
5. Pour the batter into a greased thali and shake the thali spread the batter in an even layer.
6. Steam in a steamer for 10 to 12 minutes or till the dhoklas are cooked.
7. Heat the oil in a small pan and add the sesame seeds, asafoetida, curry leaves and green chillies and sauté on a medium flame for few seconds.
8. Pour this tempering over the dhoklas, cool slightly and cut into equal diamond shaped pieces.
9. Serve immediately with green chutney.