



Sprouts pulao

Serving: 1

Veg

Ingredients

- 2 tbsp matki (moth beans) sprouts
- 3 tbsp boiled moong (whole green gram) sprouts
- $\frac{1}{2}$ cup cooked brown rice
- 1 tsp oil
- 1 tsp cumin seeds (jeera)
- $\frac{1}{4}$ cup finely chopped onions
- 1 tsp finely chopped garlic (lehsun)
- 1 tsp finely chopped ginger (adrak)
- a pinch turmeric powder (haldi)
- $\frac{1}{2}$ tsp chilli powder
- $\frac{1}{4}$ cup finely chopped tomatoes
- 2 tbsp finely chopped capsicum
- 1 tsp pav bhaji masala
- salt to taste

Preparation Method

- Heat the oil in a non-stick broad pan and add the cumin seeds.
- When the seeds crackle, add the onions and sauté on a medium flame for 1 to 2 minutes, or till the onions turn translucent.
- Add the garlic, ginger, turmeric powder, chilli powder, tomatoes and a little water and cook on a medium flame for another 2 to 3 minutes, while stirring occasionally.
- Add the capsicum, a little more water and cook on a medium flame for another 1 to 2 minutes, while stirring occasionally.
- Add the pav bhaji masala, salt, matki sprouts and moong sprouts, mix well and cook for 2 to 3 minutes, while stirring continuously.
- Add the brown rice, mix well and cook on a medium flame for 2 to 3 minutes, while stirring continuously.