



Moong Stuffed Tomato (ES)

Serving: 1

Veg

Ingredients

- -Tomatoes - 2 small
- Sprout Topping
- -Moong sprouts- 2 tbsp
- -Cumin seeds- $\frac{1}{4}$ tsp.
- -Ginger - 1 tsp.
- -Lemon juice- few drops
- -Salt and black pepper to taste
- -Cilantro - 1 tbsp

Preparation Method

- -In a small frying pan, heat the oil on medium heat.
- - Add cumin seeds and as they crack.
- -Add sprouts, ginger, black pepper and water. Cook for 2-3 minutes until sprouts are tender.
- -Remove pan from heat. Add lemon juice, stir and set aside.
- -Cut tomatoes in half and scoop out the seeds creating hollow bowls.
- -Fill tomatoes with moong sprouts.
- -Serve