Veg



C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Ingredients

• Kodo millet (kodri) - 3 tbsp

- ginger 1/4 tsp
- moong sprouts 2 tbsp
- Tofu 2 tbsp
- salt to taste

Serving: 1

- cooking oil 1 tsp
- sugar 0.5 tsp

Preparation Method

- Heat the oil in a non-stick kadhai, add ginger and sauté on a medium flame for a minute, while stirring continuously. Add the bean sprouts and tofu and sauté over a medium flame for ½ a minute, stirring gently once in between.
- Add the kodo millet, sugar and salt, toss gently and cook over a medium flame for another minute. Serve hot.