



Kodo Millet Fried Rice (OP I)

Serving: 1

Veg

Ingredients

- Kodo millet (kodri) - 3 tbsp
- celery leaves - 1 tsp
- spring onion whites - 1 tbsp chopped
- french beans - 1 tbsp chopped
- capsicum green - 1 tbsp chopped
- moong sprouts - 2 tbsp
- soya sauce - 1/4 tsp
- vinegar - 1/4 tsp
- red chilli sauce - 1/4 tsp
- salt to taste
- cooking oil - 1 tsp
- green chilli - 0.5 units

Preparation Method

- Heat the oil in a non-stick kadhai, add the celery, spring onion whites, french beans , carrots, capsicum, cabbage and moong sprouts, mix well and sauté on a high flame for 3 to 4 minutes while stirring continuous
- Add the cooked kodo millet , soya sauce, spring onion greens and salt, toss gently and sauté on a high flame for another minute, while stirring gently once in between.
- Serve hot with chillies in vinegar and chilli sauce.