



## Green Sprouts Rice ( OP I )

Serving: 1

Veg

### *Ingredients*

- $\frac{1}{2}$  Cup boiled moong (whole green gram) sprouts
- $\frac{1}{2}$  cup shredded spinach (palak)
- 2 tbsp fresh tomato pulp/ chopped
- Salt and pepper powder to taste
- 1 tsp oil
- 1 tsp rai .
- 1 tsp chili powder
- 1 tsp coriander powder
- 1 tsp garam masala
- $\frac{1}{2}$  tsp haldi.
- 6-8 curry leaves
- 2 tsp finely chopped green chillies
- 2 tbsp finely chopped onions
- $\frac{1}{4}$  cup cooked brown rice.

### *Preparation Method*

- Heat the oil in a non-stick kadhai and add the mustard seeds.
- When the seeds crackle, add the curry leaves and sauté on a medium flame for a few seconds.
- Add the green chillies and onions, mix well and sauté on a medium flame for 2 minutes. add tomato pulp/chopped , sauté for mins
- Add the moong sprouts and spinach, mix well and cook on a medium flame for 2 minute. add chilli powder , haldi , coriander powder , garam masala .
- Add brown rice and salt, mix gently and cook on a medium flame for to 3 minutes, while stirring occasionally.
- Serve .