

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



Serving: 1 Veg

Ingredients

- Kodo millet 3 tbsp
- Garlic 2 units chopped
- Red chilli flakes to taste
- Spring one greens 3 tbsp chopped
- capsicum / bell peppers -1/4 cup chopped
- Rajma: 2 tbsp boiled
- salt to taste

Preparation Method

- Clean, wash and soak the kodo for 5 to 7 minutes. Drain and keep aside. Boil a vesselful of water, when the water starts boiling add the kodo and little oil and simmer for 10 to 12 minutes or till the kodo gets cooked. Drain, refresh using cold water and keep aside.
- Mix the garlic and red chilli flakes together in a mortarpestle and pound till smooth. Keep aside. Heat the oil in a non-stick kadai, add the garlic and chilli paste and sauté for a minute while stirring continuously.
- Add the onions and capsicum and sauté for 2 to 3
 minutes. Add the rajma and salt, mix well and cook for a
 minute.
- Add the kodri, mix well and cook for another 2 to 3 minutes while stirring continuously. Serve hot garnished with spring onion greens