



Sprouts Pulao (OP I)

Serving: 1

Veg

Ingredients

- 2 tsp oil
- 1 tsp cumin seeds (jeera)
- 3 tbsp onions
- 1 tsp finely chopped ginger (adrak)
- 1 tsp finely chopped garlic (lehsun)
- 2 tbsp chopped tomatoes
- 1 small capsicum chopped
- 1/2 tsp chilli powder
- a pinch turmeric powder (haldi)
- 1 tsp pav bhaji masala(optional)
- 2tbsp boiled moong (whole green gram) sprouts
- 2 tbsp boiled matki (moth beans) sprouts
- 3 tbsp cooked brown rice.
- salt to taste
- For The Garnish
- 2 tbsp chopped mint leaves (phudina) leaves for the garnish

Preparation Method

- Heat the oil in a non-stick kadhai and add the cumin seeds.
- When the seeds crackle, add the onions, ginger and garlic and sauté on a medium flame till they turn translucent.
- Add the tomatoes, and cook on a medium flame for 5 minutes.
- Add the capsicum, chilli powder, turmeric powder and pav bhaji masala, mix well and cook on a medium flame for another 2 minutes.
- Add the moong sprouts, matki sprouts, rice and salt, toss gently well and cook for 2 to 3 minutes. Serve , garnished with the mint leaves.