



## Moong Sprouts Vada

Serving: 1

Veg

### *Ingredients*

- -Whole moong -  $\frac{1}{2}$  cup - soaked overnight and allowed to sprout
- -red chillies - 2
- -fennel seeds -  $\frac{1}{2}$  tsp
- -garlic - 2 cloves
- -salt - to taste
- -cilantro - 2 tbsp (chopped)
- -onion - 2 tbsp - chopped
- -oil - 1 tsp to shallow fry

### *Preparation Method*

- -Blend sprouts, red chillies, fennel seeds, garlic and salt coarsely. Add cilantro and onion and mix.
- -Make small balls of the mixture and flatten it. Put on a grilling pan , add 1 tsp oil .
- -Cook until both sides are golden brown and crispy.