



Khatte Moong (HV)

Serving: 1

Veg

Ingredients

- Serves 1
- -3 tbsp blanched sprouted moong
- -2 tbsp sour curd
- - $\frac{1}{2}$ tsp oil
- -A pinch of mustard
- -A pinch of cumin seeds
- -4 curry leaves
- -1 green chilli, finely chopped
- -1 clove garlic, finely chopped
- -1 tsp chana dal flour
- -A pinch of turmeric powder
- -Salt to taste
- -1 tsp finely chopped coriander leaves for the garnish

Preparation Method

- 1. Heat the oil in a non-stick pan on a medium flame, add the mustard and cumin seeds, let the seeds crackle.
- 2. Add the curry leaves, green chillies and garlic and saute on medium flame for 1 minute.
- 3. Add the blanched sprouted moong and stir continuously for 2 to 3 minutes.
- 4. Combine curd with chana dal flour, salt and turmeric powder and mix well.
- 5. Add the curds mixture to the sprouted moong mixture, mix well and cook on a medium flame for 3 to 4 minutes.
- 6. Serve hot garnished with coriander leaves.