Egg Filled Toast

1. Break one egg and put the yolk in a bowl.
2. Add salt and some seasonings and beat it till it shows some froth.
3. Take a bread slice and press its inner white part with a spoon to create depression.
4. Put pan on the stove and apply butter.
5. Put the bread on the pan with the depressed part on top.
6. Fill it with half of the beaten egg yolk and let it cook.
7. Flip the bread and let it cook for 2-3 minutes.
8. Egg filled toast is ready.

Macaroni Pasta

1. Heat water in a large pot.
2. When the water starts boiling, add a tablespoon of salt.
3. Add oil.
4. Add macaroni and mix it well.
5. Boil 10 minutes or until macaroni are soft.
6. Drain and add water and keep it aside.
7. Heat oil in a pan. When the oil is hot.
8. add garlic and saute it well.
9. Add green chili and saute it well.
10. Add onion and saute it well.
11. Add chopped carrot and saute it well.
12. Add chopped beans and saute it well.
13. Add tomato and saute it well.
14. Add salt to taste and mix it well.
15. Add chopped green capsicum.
16. Add chopped red capsicum.
17. Add chopped yellow capsicum and fry for a minute.
18. Add tomatoes and fry for a minute.
19. Add red chili powder and saute it well.
20. Add tomato ketchup and mix it well.
21. Add cooked macaroni and mix it well.
22. Add red chili flakes.
23. Add mixed herbs and mix it well.
24. Add grated cheese.
25. Cover and cook for 2-3 minutes and mix it well.
26. Serve veg macaroni garnished with cheese.

Aloo Paratha

1. PREPARE THE DOUGH

Start by preparing the dough. Take two cups of wheat flour, add a pinch of salt and two tablespoons of oil. Knead the dough for about five minutes until it becomes smooth and pliable. Cover the dough with a damp cloth and let it rest for about fifteen minutes.

1. PREPARE THE FILLING

Next, prepare the filling for the parathas. Take two boiled potatoes, mash them and add some salt, chili powder, garam masala and chopped coriander. Mix all the ingredients together and set aside.

1. CUT DOUGH INTO SMALL BALLS

Now, take a portion of the dough and roll it into a thin circle. Place the filling in the center of the circle and fold the edges to form a pocket.

1. STEP 4: COOK YOUR PARATHA

Heat a non-stick pan and place the paratha on it. Cook it on both sides until it turns golden brown. Serve hot with yogurt and pickle.

Appe/Paniyaram

1. Firstly, in a large bowl take 2 cup rava, 1 cup curd, and 1 tsp salt.
2. Add 1 cup water and mix well.
3. Mix and prepare the batter.
4. Further add ½ cup water, cover and rest for 20 minutes.after resting the batter well mix it again.
5. Now add ½ onion, 1 carrot, ½ tomato, 2 tbsp coriander, few curry leaves and 2 chilli.
6. Mix well making sure everything is well combined.
7. Further, add ½ tsp eno fruit salt and 2 tbsp water. Alternatively, you can use baking soda.
8. Mix gently forming a frothy batter.
9. Heat the appe pan and add oil to each mould.
10. Once the pan is hot enough, add in prepared rava batter.
11. Cover and simmer for 4-5 minutes.
12. Roast on low to medium flame until the appe turns golden brown.
13. Flip over and cook both sides.
14. Finally, enjoy **Rava Paniyaram Recipe** tastes great with chutney.

Veg Fried Rice

1. Firstly, in a large bowl soak 1 cup of basmati rice for 20 minutes.
2. Now in a large vessel take 6 cup water, 1 tsp oil and ½ tsp salt.
3. Bring the water to a boil.
4. Further, add in soaked basmati rice. make sure to drain off the water and rinse the soaked rice well.
5. Mix well and boil for 10 minutes or until rice is cooked completely.
6. Drain off the rice and pour 1 cup of cold water to stop the cooking process. allow cooling completely.
7. Now in a large kadai heat 2 tbsp oil and stir-fry 2 clove garlic.
8. Also, saute ½ onion and 2 tbsp spring onion until they sweat.
9. Furthermore, add vegetables of your choice like ¼ carrot, 2 tbsp cabbage, 2 tbsp peas, 5 beans, ¼ capsicum and ½ tsp salt.
10. Stir fry on high flame without overcooking vegetables.
11. Now add 2 tbsp soy sauce and 1 tbsp vinegar. stir-fry until the sauce is combined well.
12. Keeping the flame on high, add cooked rice.
13. Also, add 1 tsp pepper and ¼ tsp salt. adjust the salt as soy sauce has salt.
14. Stir-fry by mixing well making sure rice grains won’t break.
15. Further, add 2 tbsp spring onions and mix well.
16. Finally, enjoy veg fried rice with [gobi manchurian](https://hebbarskitchen.com/dry-gobi-manchurian-recipe/).

Sprouted Moong Bean Salad

1. Boil some water in a large pot. Parboil the sprouts, i.e., add the moong sprouts into the boiling water and cook for about 5-6 minutes (until they are half cooked and slightly tender). Remove, drain excess water, and keep aside. You can also steam the sprouts for 5-6 minutes using the [Instant pot pressure cooker](https://amzn.to/3FdNRCt).
2. This step is optional, you can use raw moong sprouts directly in the salad.
3. In a large mixing bowl, combine mung bean sprouts, onions, cucumber, tomatoes, carrots, green chili, cilantro, roasted peanuts, and seasonings like chaat masala, salt, black pepper, and lime juice. Toss to combine.
4. Serve immediately or refrigerate the moong sprouts salad for 30 minutes and then serve.
5. Serving Suggestions for Sprouts Salad
6. You can pair this Healthy Moong Sprouts bean salad with [soup](https://www.indianveggiedelight.com/instant-pot-vegetarian-soup-recipes/) for lunch or dinner. You can also serve it as a side dish with [steamed rice](https://www.indianveggiedelight.com/instant-pot-sona-masoori-rice/) and [dal](https://www.indianveggiedelight.com/dal-tadka-instant-pot/) or eat it as a snack with your evening [masala tea](https://www.indianveggiedelight.com/indian-masala-chai/).