**Misal Pav**

Prep time: 20 min Cook time: 25 min

**Ingredients:**

* ½ cup sprouted moth beans (matki)
* 1 small onion, chopped
* 1 tomato, chopped
* 1 tsp ginger-garlic paste
* ¼ tsp turmeric, ½ tsp red chili powder, ½ tsp goda masala
* Salt to taste
* 1 tsp oil
* Fresh coriander for garnish

**Toppings:**

* 2 tbsp low-oil sev (optional),
* 1 tbsp chopped onions
* 1 slice whole wheat pav or 1 small multigrain bun

**Instructions:**

1. Pressure cook sprouted matki with turmeric and salt.
2. In another pan, sauté onion in oil, then add ginger-garlic paste, tomatoes, and spices.
3. Add cooked sprouts with some water to adjust consistency. Simmer for 5–7 min.
4. Serve hot misal topped with onion, coriander, and a little sev.
5. Pair with lightly toasted pav or multigrain bread.