

Kapha Balancing Day 2 Recipes

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Prep: 20 Cook: 35 Rest: 0 Servings: 1

Ingredients

- ½ cup (chopped) ▶ Potato
- 1 mug ▶ Water
- 1 tsp ▶ Methi seeds (Fenugreek seeds)
- 1 ▶ Liquorice stick
- ¼ tsp ▶ Honey
- 1 cup (raw) ▶ Spinach
- 1 inch piece ▶ Ginger
- ½ ▶ Broccoli
- ▶ Pumpkin seeds (optional)
- 1 ▶ Cinnamon stick
- 1 ▶ Black peppercorns
- 1 piece ▶ Cardamom (Elaichi)
- 1 cup ▶ Yellow Mung Dal (Split and washed)
- 1 ▶ Green Chili
- 1 ▶ Brown Onion
- ▶ Oregano (optional)
- 1 ▶ Clove
- 1 inch piece ▶ Ginger
- ¼ tsp ▶ Triphala powder

- ▸ Salt
- 1 tbs ▸ Olive Oil
- ½ tsp ▸ Dried Dill or Basil
- ▸ Chili flakes (optional)
- ▸ Roasted Cumin Powder
- ▸ Black Pepper
- 3 ▸ Garlic
- 1 ▸ Bay Leaf
- 1 slice ▸ Sourdough bread
- 2 glass ▸ Water
- ½ cup (chopped) ▸ Cauliflower
- 3 leaves ▸ Spinach

Instructions

1. Cook Spinach Lentil Pancakes

Cook pancakes on an iron griddle with a teaspoon of oil or ghee until golden brown on both sides.

2. Prepare Broccoli Soup

Sauté onion and garlic in olive oil with bay leaf. Add potato and simmer. Add water, broccoli, and cauliflower; cook until tender. Add spinach. Blend until smooth. Season with salt, pepper, and dill or basil. Garnish with pumpkin seeds and chili flakes. Tip: Using a hand blender creates a wonderfully creamy texture.

3. Prepare Herbal Tea

Boil water with all spices except honey. Simmer for 5-10 minutes. Strain and add honey to lukewarm tea. Tip: Don't add honey to hot liquids, as it loses its beneficial properties.

4. Prepare Spinach Lentil Pancake Batter

Blend soaked and rinsed mung dal with spinach, salt, cumin powder, green chili, and ginger until a pancake batter consistency is reached.

Source: <https://youtu.be/IKgxQwkhZKE>