

Health-Aware Recipe Modifier Report

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Input Ingredients:

moth bean, onion, tomato, ginger, garlic, green chili, oil, goda masala, red chili, turmeric, cumin, coriander, tamarind, jaggery, salt, farsan, lemon, coriander leaves, pav

Harmful Ingredients:

salt

Safe Ingredients:

moth bean, onion, tomato, ginger, garlic, green chili, oil, goda masala, red chili, turmeric, cumin, coriander, tamarind, jaggery, low-sodium salt, farsan, lemon, coriander leaves, pav

Modified Recipe Instructions:

Hello there! It's wonderful that you're focusing on creating delicious and healthy meals to support your heart health. This vibrant and flavorful "Heart-Healthy Moth Bean Misal" recipe is designed to nourish your body while delighting your taste buds. Let's get cooking!

****Health Benefits****

This recipe is packed with heart-healthy goodness! Moth beans are an excellent source of plant-based protein and fiber, which helps manage cholesterol and blood sugar levels. Tomatoes, ginger, garlic, and turmeric provide powerful antioxidants that support cardiovascular health. By using low-sodium salt, we significantly reduce sodium intake, crucial for maintaining healthy blood pressure.

****Ingredients****

- * 1 cup moth beans (sprouted if possible)
- * 2 tbsp oil (canola or olive)
- * 1 large onion, finely chopped
- * 1 large tomato, finely chopped
- * 1 tbsp ginger-garlic paste (or 1 tsp grated ginger + 1 tsp minced garlic)
- * 1-2 green chilies, slit (adjust to taste)
- * 1 tsp goda masala
- * 1/2 tsp red chili powder (adjust to taste)
- * 1/4 tsp turmeric powder
- * 1 tsp cumin powder
- * 1 tsp coriander powder
- * 1 small piece (1-inch) tamarind, soaked in 1/4 cup warm water (or 1 tbsp tamarind paste)
- * 1 tbsp jaggery (or natural sweetener of choice)
- * 1/2 tsp low-sodium salt (or to taste)
- * 1/4 cup farsan (low-sodium variety recommended)

- * Juice of 1/2 lemon
- * Fresh coriander leaves, chopped (for garnish)
- * 4-6 whole wheat pav (buns), lightly toasted

****Instructions****

1. ****Prepare Moth Beans:**** Rinse moth beans thoroughly. If using unsprouted, soak them overnight and then pressure cook with enough water for 2-3 whistles until tender but not mushy. If sprouted, pressure cook for 1-2 whistles or boil until tender. Set aside, reserving the cooking liquid.
2. ****Sauté Aromatics:**** Heat oil in a large pan or pot over medium heat (2-3 minutes). Add chopped onion and sauté until translucent (5-7 minutes). Add ginger-garlic paste and green chilies, cooking for another 2 minutes until fragrant.
3. ****Add Spices & Tomatoes:**** Stir in chopped tomato and cook until softened (5-7 minutes). Add goda masala, red chili powder, turmeric, cumin, and coriander powders. Sauté for 2-3 minutes until the raw smell disappears.
4. ****Simmer the Curry:**** Add the cooked moth beans along with their reserved cooking liquid (add more water if needed to reach desired consistency, around 1.5-2 cups total).
5. ****Flavor Balance:**** Squeeze the pulp from the soaked tamarind and discard the fibers, adding the tamarind water to the curry. Stir in jaggery and low-sodium salt. Bring to a gentle boil, then reduce heat and simmer for 10-15 minutes, allowing flavors to meld.
6. ****Finish & Garnish:**** Stir in lemon juice. Taste and adjust seasonings if necessary. Garnish generously with fresh coriander leaves.

****Cooking Tips****

- * ****Sodium Control:**** Always use low-sodium salt and look for low-sodium or unsalted versions of farsan. You can also make homemade farsan in an air fryer for a healthier option.
- * ****Fiber Boost:**** Sprouting moth beans increases their nutritional value and makes them easier to digest. Opt for whole wheat pav to add more dietary fiber.
- * ****Oil Moderation:**** Use just enough oil to sauté the ingredients. Olive or canola oil are good choices for heart health.
- * ****Spice Level:**** Adjust green chilies and red chili powder to your preference. The goda masala adds a unique, authentic flavor.

****Serving Suggestions****

Serve the hot moth bean misal in bowls. Traditionally, it's topped with a handful of farsan, a squeeze of fresh lemon juice, and a sprinkle of chopped coriander leaves. Enjoy it with lightly toasted whole wheat pav for a wholesome and satisfying meal. Remember to enjoy in mindful portions!

****Nutritional Notes:**** This dish is naturally high in fiber and plant protein, making it very filling. It's rich in vitamins and minerals from the vegetables and spices. By controlling sodium and fat, this recipe supports healthy blood pressure and cholesterol levels, contributing to overall heart wellness.