



Recipe Name: Sprouted Matki Chila Recipe with Spinach
- Moth Bean Chila

Diet Type: Vegetarian

Course: North Indian Breakfast

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Moth Sprouts (Matki)	4
• 1/2 cup White Urad Dal (Split) - soaked for 4 hours	
• 2 Green Chillies	
• 1 teaspoon Fennel seeds (Saunf)	
• 1 inch Ginger	
• 1 cup Spinach Leaves (Palak) - coarsely ground	
• Salt - to taste	
• 1/4 teaspoon Turmeric powder (Haldi)	
• Sunflower Oil - for cooking	

Preparation

- To begin making the Sprouted Moth Cheela Recipe With Palak, we need to keep the sprouts ready.
- In a Mixer jar combine moth sprouts, soaked and drained urad dal, green chillies, fennel seeds and ginger, grind to a smooth paste.
- Transfer into a mixing bowl, mix.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	10	30	8	4	2