

Recipe Name: Mixed Sprouts Sabzi Recipe
Diet Type: Vegetarian
Course: Lunch
Cuisine: Indian
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 2 Mixed Sprouts - bowls	4
• 3 cups Water - for cooking	
• 2 tablespoon Sunflower Oil	
• 1 tablespoon Cumin seeds (Jeera)	
• pinch Asafoetida (hing)	
• 1 Onion - chopped	
• 1 tablespoon Ginger Garlic Paste	
• 1 Tomato - chopped	
• 1 or 2 Green Chillies - chopped	
• 1/2 tablespoon Turmeric powder (Haldi)	
• Salt - to taste	
• 1/2 tablespoon Red Chilli powder	
• 1/2 tablespoon Cumin powder (Jeera)	
• 1/2 tablespoon Garam masala powder	
• 1/2 tablespoon Coriander Powder (Dhania)	
• Coriander (Dhania) Leaves - chopped	

Preparation

- To prepare Mixed Sprouts Curry Recipe, get ready with healthy homemade sprouts to start with.
- Now in a pressure cooker, pressure cook the mixed sprouts for 3-4 whistles or till lightly mushy.
- Once pressure cooker cools down by itself, take out sprouts and.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	10	30	10	8	5