

Recipe Name: Arunachal Pradesh Zan Recipe - Finger Millet Porridge with Vegetables Recipe

Diet Type: Vegetarian

Course: North Indian Breakfast

Cuisine: North East India Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 4 tablespoons Ragi Flour (Finger Millet/ Nagli)	2
• 1 1/2 cup Water	
• 1 Carrot (Gajjar) - sliced diagonally	
• 1 cup Spinach	
• 1/4 cup Soybeans (Whole Soya dal) - boiled	
• 1/4 cup Green peas (Matar) - optional	
• Salt - as per taste	
• 1 teaspoon Black pepper powder	
• 1 sprig Coriander (Dhania) Leaves - chopped	
• 1 tablespoon Ghee	

Preparation

- We begin making the Arunachal Pradesh Zan Recipe (Finger Millet Porridge with Vegetables Recipe) roast the millet flour with a tablespoon of ghee in a kadai and set aside.
- Saute the vegetable separately in a flat tawa with little oil, saute the carrot first so that it get cooked and then add in the spinach.
- Keep it aside.
- Add this millet flour paste and mix it.
- Keep whisking it till you get your desired consistency.
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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	8	45	4	6	2

