

Recipe Name: Oats Ven Pongal Recipe
Diet Type:
Course: South Indian Breakfast
Cuisine: South Indian Recipes
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 tablespoon Ghee	4
• 1 cup Instant Oats (Oatmeal)	
• 1/2 cup Yellow Moong Dal (Split)	
• Salt - to taste	
• 2 tablespoons Ghee	
• 2 tablespoons Cashew nuts - quartered	
• 1 inch Ginger	
• 1/8 teaspoon Asafoetida (hing)	
• 1 teaspoon Whole Black Peppercorns - coarsely pounded	
• 1 sprig Curry leaves	

Preparation

- To begin making the Oats Ven Pongal Recipe we will first cook the Yellow Split Moong Dal.
- I will be using a pressure cooker to cook the Moong Dal.
- You can also use the saucepan method.
- Rinse the Moong Dal under water and place it in the pressure cooker.
- Add 3/4 cup of water and cook the Moong Dal, cover the pan, place the weight on and until you hear one whistle.
- After the first whistle, turn the heat to low and simmer for 3 to 4 minutes.
- After 3 to 4 minutes, turn off the heat and allow the pressure to release naturally.
- Keep this aside.
- In our next step, we will roast and cook the oats.
- Heat a tablespoon of ghee in a heavy bottomed pan on medium heat.
- Add the oats and saute on medium heat until the oats gets lightly toasted.
- Add in 3/4 cup of water and cook the oats.



- This will take about 3 to 4 minutes.
- Keep stirring continuously until the oats is cooked.
- Cover the pan and keep the heat on low, while we proceed to prepare the seasoning.
- To make the seasoning for the Oats Ven Pongal; heat 2 tablespoons of ghee on medium heat.
- Add the cashew nuts and allow it to roast until golden brown.
- As you notice the cashew nuts changing color, add the ginger, pepper, curry leaves and asafoetida and give the mixture a stir for a few seconds.
- Turn off the heat.
- In the final step, add the seasoning mixture to the Oat Ven Pongal and stir well to combine.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	8	45	5	6	1

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