DietCloud – Recipe

Recipe Name: SPROUTED MOONG, SPINACH TOMATO RICE

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

This wholesome Sprouted Moong, Spinach Tomato Rice is a vibrant, nutrient-dense meal designed for balanced nutrition. It features a fresh and zesty sprouted moong salad, brimming with protein and fiber, perfectly complementing a flavorful and aromatic rice cooked with spinach and tomatoes. Served as a satisfying single portion, this dish offers a delightful interplay of textures and tastes, making it an ideal choice for a light yet complete meal.
[PROS]
- High in plant-based protein from moong sprouts.
- Rich in fiber for digestive health and sustained satiety.
- Packed with vitamins, minerals, and antioxidants from sprouts, spinach, and tomatoes.
- Low in unhealthy fats, supporting heart health.
- Vegan-friendly and gluten-free (if using appropriate rice).
[CONS]
- Requires pre-planning for sprouting moong beans if not store-bought.
- The earthy taste of sprouts might not appeal to all palates.
- Preparation involves two distinct components, which might take slightly more time.
[DIETITIAN REVIEW]
This dish is a nutritional powerhouse, offering an excellent balance of macronutrients and micronutrients. The sprouted moong provides easily digestible protein and fiber, while the spinach and tomatoes contribute essential vitamins, antioxidants, and minerals. Paired with whole grain rice, it makes for a very satiating and gut-friendly meal, promoting sustained energy and overall well-being. Score: 9/10

Ingredients

Ingredient	Quantity
• Sprouted Moong Beans	1/2 cup
• Basmati Rice (or brown rice)	1/2 cup, uncooked
• Fresh Spinach	1 cup, packed and chopped
• Tomato	1 medium, finely diced (for rice), 1/4 small, fine

DietCloud – Recipe

• Red Onion	1/4 medium, finely diced (for rice), 2 tablespoons

DietCloud – Recipe

- Garlic — 2 cloves, minced

DietCloud – Recipe

• Ginger	1/2 inch piece, grated

DietCloud – Recipe

• Green Chili	1 small, slit lengthwise (optional, for rice)

DietCloud – Recipe

• Cumin Seeds	1/2 teaspoon

DietCloud – Recipe

- Turmeric Powder 1/4 teaspoon

• Red Chili Powder	1/4 teaspoon (optional)

- Coriander Powder 1/2 teaspoon

DietCloud – Recipe

• Garam Masala	1/4 teaspoon

DietCloud – Recipe

- Lime 1/2, juiced and a wedge for garnish

DietCloud – Recipe

• Fresh Coriander Leaves	2 tablespoons, chopped

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• Salt	to taste

DietCloud – Recipe

- Black Pepper — pinch (for salad)

DietCloud – Recipe

• Olive Oil (or preferred cooking oil)	1 teaspoon

DietCloud – Recipe

• Water	1 cup (for rice)

DietCloud – Recipe

Preparation

• 1.
• **Prepare the Rice:** Rinse the rice thoroughly under cold water until it runs clear.
• In a small pot or pan, heat 1 teaspoon of olive oil over medium heat.
• Add cumin seeds and let them splutter.
• 2.
• Add the finely diced red onion (1/4 medium portion), minced garlic, grated ginger, and green chili (if using) to the pot.
• Sauté until the onions are translucent, about 3-4 minutes.
• 3.
• Stir in the finely diced tomato (1 medium portion), turmeric powder, red chili powder, and coriander powder.
• Cook for 2-3 minutes, stirring occasionally, until the tomatoes soften slightly.
• Add the chopped spinach and cook until wilted, about 1-2 minutes.
• 4.
• Add the rinsed rice and 1 cup of water to the pot.
• Season with salt to taste.
• Bring the mixture to a boil, then reduce the heat to low, cover the pot tightly, and simmer for 12-15 minutes, or until all the water is absorbed and the rice is cooked through.
• Stir in the garam masala and 1 tablespoon of fresh chopped coriander leaves, then fluff the rice gently with a fork.
• Keep warm while preparing the salad.
• 5.
• **Prepare the Sprouted Moong Salad:** In a separate small bowl, combine the sprouted moong beans, the remaining 2 tablespoons of finely diced red onion, and the 1/4 small finely diced tomato.
• 6.
• Add salt to taste, a pinch of black pepper, and the juice of half a lime to the sprout mixture.
• Mix well to combine all ingredients evenly.
• 7.
• **Assemble the Dish:** Serve the cooked Spinach Tomato Rice in a bowl or plate.
• Top it generously with the freshly prepared Sprouted Moong Salad.
• Garnish with a fresh lime wedge and the remaining 1 tablespoon of chopped coriander leaves if desired.
• Enjoy warm or at room temperature as a complete, satisfying meal.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	10	8	5