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Recipe Name: MIXED SPROUTS BROWN RICE

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

This vibrant Mixed Sprouts Brown Rice is a wholesome and flavorful one-pot meal, featuring nutrient-dense brown rice combined with fresh, crunchy mixed sprouts and colorful diced vegetables like bell peppers and tomatoes. Seasoned with aromatic Indian spices, it's a satisfying dish served warm, perfect for a healthy and quick lunch or light dinner. The grains are separate and coated in a savory masala, promising a delightful texture and taste.
[PROS]
- High in dietary fiber, promoting digestive health and satiety.
- Excellent source of plant-based protein from sprouts and brown rice.
- Rich in vitamins and minerals, including B vitamins, iron, and magnesium.
[CONS]
- May require pre-planning for sprouting legumes and soaking brown rice.
- High fiber content could cause digestive discomfort for some individuals.
- Spices might be too intense for those unaccustomed to Indian cuisine.
[DIETITIAN REVIEW]
This Mixed Sprouts Brown Rice is a nutritional powerhouse, offering a balanced combination of complex carbohydrates, lean protein, and abundant micronutrients. It's an ideal meal for sustained energy and overall well-being, while the fresh sprouts boost its enzyme and antioxidant content. Score: 9/10

Ingredients

Ingredient	Quantity
• Brown Rice	1/2 cup (uncooked)
• Mixed Sprouts (e.g. • Mung • Moth)	1/2 cup
• Onion • finely chopped	1/4 medium
• Tomato • diced	1/4 medium

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• Green Bell Pepper • diced	1/4 medium

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• Ginger-Garlic Paste	1/2 tsp

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• Green Chili	1/2
• slit (optional)	

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- Cooking Oil 1 tbsp

- Turmeric Powder 1/4 tsp

• Red Chili Powder	1/4 tsp (adjust to taste)

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- Cumin Powder 1/4 tsp

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- Garam Masala 1/4 tsp

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- Salt to taste

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• Water	as needed

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- Lemon Juice 1 tsp

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• Fresh Coriander Leaves • chopped	1 tbsp (for garnish)

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Preparation

• 1.
• Rinse brown rice thoroughly.
• Soak it in water for at least 30 minutes, then drain.
• Cook the brown rice with 1.
• 5 cups of water until tender and fluffy.
• Set aside.
• 2.
• If using whole legumes, sprout them over 2-3 days.
• If using pre-sprouted, rinse them well under cold water.
• 3.
• Heat cooking oil in a non-stick pan over medium heat.
• Add the chopped onion and sauté until it turns translucent.
• 4.
• Add ginger-garlic paste and green chili (if using), and sauté for another minute until fragrant.
• 5.
• Stir in the diced green bell pepper and tomato.
• Cook for 3-4 minutes until the vegetables soften slightly.
• 6.
• Add turmeric powder, red chili powder, cumin powder, garam masala, and salt.
• Sauté the spices for 1 minute until their raw aroma disappears.
• 7.
• Add the mixed sprouts to the pan along with 2-3 tablespoons of water.
• Cover and cook for 5-7 minutes, or until the sprouts are tender-crisp.
• 8.
• Add the cooked brown rice to the pan.
• Gently mix everything together, ensuring the rice is evenly coated with the masala and vegetables.
• 9.
• Cook for another 2-3 minutes on low heat, allowing the flavors to meld.
• Remove from heat.
• 10.
• Squeeze fresh lemon juice over the mixed sprouts brown rice and garnish with freshly chopped coriander leaves before serving hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	70	10	10	5