DietCloud – Recipe

Recipe Name: Pudina Khara Pongal Recipe (Rice and Lentils Cooked With Mint Leaves & Mild Spices)

Diet Type:

Course: South Indian Breakfast

Cuisine: South Indian Recipes

Quantity:



Description

Pudina Khara Pongal is a fragrant and wholesome South Indian one-pot meal, featuring rice and yellow moong dal cooked with a vibrant puree of fresh mint and coriander leaves, ginger, and green chili. This savory pongal is lightly spiced and gets its signature green hue from the fresh herbs. The prepared dish, as visible, is served in a white bowl, garnished with golden cashews, aromatic curry leaves, whole black peppercorns, and cumin seeds, offering a delightful texture and aromatic contrast. This recipe yields 1 satisfying portion.
[PROS]
- Provides a good balance of complex carbohydrates from rice and plant-based protein from moong dal.
- Rich in antioxidants and digestive aids from fresh mint and coriander leaves, and spices like ginger and cumin.
- A comforting and easily digestible meal, suitable for various times of the day.
[CONS]
- Can be high in calories if excessive ghee and cashews are used, especially for those monitoring fat intake.
- Individuals sensitive to spices may find the black peppercorns a bit strong; adjust quantity as preferred.
[DIETITIAN REVIEW]
Pudina Khara Pongal offers a well-rounded nutritional profile, combining complex carbohydrates and protein, enhanced by the fresh herbs which provide vitamins and aid digestion. The use of ghee adds healthy fats in moderation, while spices contribute to both flavor and health benefits. This dish is an excellent choice for a nutritious and flavorful meal.
Score: 8/10

Ingredients

Ingredient	Quantity
• Rice	1 cup
• Yellow Moong Dal (Split)	1/2 cup
• Mint Leaves (Pudina)	1 cup
• Coriander (Dhania) Leaves	1/4 cup
• Green Chilli	1

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• Ginger	1 inch

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• Cumin seeds (Jeera)	2 teaspoons

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• Water	5 cups

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• Sunflower Oil	1 teaspoon

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- Salt to taste

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• Ghee	2 tablespoons

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- Cashew nuts 8

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• Whole Black Peppercorns	1 teaspoon

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• Curry leaves	1 sprig

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- Asafoetida (hing) 1 pinch

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Preparation

• 1.
• Rinse the rice and yellow moong dal thoroughly, then soak them together in water for 20 minutes.
• Drain well before use.
• 2.
• In a grinder, combine the tightly packed mint leaves, tightly packed coriander leaves, green chilli, ginger, and 1 teaspoon of cumin seeds.
• Add a splash of water if needed, and grind to a smooth, vibrant paste.
• 3.
• In a pressure cooker, heat the sunflower oil.
• Add the prepared mint-coriander paste and sauté for 1 minute until fragrant.
• 4.
• Add the drained soaked rice and moong dal to the pressure cooker.
• Pour in 5 cups of water and add salt to taste.
• Mix well.
• 5.
• Close the pressure cooker with the lid and cook for 3-4 whistles on medium heat.
• Once cooked, turn off the heat and allow the pressure to release naturally.
• 6.
• While the pongal is cooking, prepare the tempering.
• In a small pan, heat the ghee.
• Add the halved cashew nuts and fry until they turn golden brown.
• Remove and set aside.
• 7.
• To the same pan with ghee, add the remaining 1 teaspoon of cumin seeds, whole black peppercorns, curry leaves, and asafoetida.
• Sauté for a minute until the spices are aromatic and the curry leaves crisp.
• 8.
• Once the pressure from the cooker has released, open the lid.
• Gently mash the pongal a bit with the back of a ladle if you prefer a softer consistency.
• Pour the prepared tempering, including the fried cashews, over the pongal and mix thoroughly.
• 9.
• Serve the Pudina Khara Pongal hot, optionally garnished with a few fresh mint leaves or more cashews.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	12	4	2