



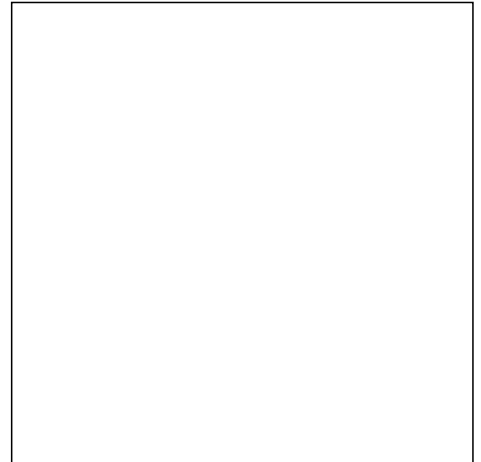
Recipe Name: Pudina Khara Pongal Recipe (Rice and Lentils Cooked With Mint Leaves & Mild Spices)

Diet Type:

Course: South Indian Breakfast

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Rice - soaked for 20 minutes	4
• 1/2 cup Yellow Moong Dal (Split) - soaked for 20 minutes	
• 1 cup Mint Leaves (Pudina) - tightly packed	
• 1/4 cup Coriander (Dhania) Leaves - tightly packed	
• 1 Green Chilli	
• 1 inch Ginger	
• 1 teaspoon Cumin seeds (Jeera)	
• 5 cups Water	
• 1 teaspoon Sunflower Oil	
• Salt - to taste	
• 2 tablespoons Ghee	
• 8 Cashew nuts - halved	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon Whole Black Peppercorns	
• 1 sprig Curry leaves	
• 1 pinch Asafoetida (hing)	

Preparation

- Make a paste of mint/pudina, coriander, green chilli and ginger using a mixer grinder and keep aside.
- Now, heat oil in the pressure cooker, add the cumin seeds and le.

Macronutrients

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