

Recipe Name: Sprouted Moong Dal Recipe - Spicy Sprouted Lentil Curry

Diet Type: Vegetarian

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Green Moong Sprouts	4
• 1 Onion - finely chopped	
• 3 cloves Garlic - crushed	
• 1 tablespoon Ghee - or oil	
• 1 teaspoon Mustard seeds	
• 1 teaspoon Cumin seeds (Jeera)	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1/4 teaspoon Asafoetida (hing)	
• 1/4 teaspoon Maharashtrian Goda Masala	
• 1/4 teaspoon Red Chilli powder	
• 2 Kokum (Malabar Tamarind)	
• 1/2 teaspoon Jaggery - grated	
• 2 teaspoon Groundnut powder	
• 2 cups Water - or as required	
• Salt - to taste	
• Coriander (Dhania) Leaves - Chopped	

Preparation

- To begin making the Sprouted Moong Dal Recipe, heat ghee/oil in a pressure cooker.
- Next add the masala, chilli powder and mix well.
- Add water and then add the kokum, jaggery, salt, peanut powder and stir well to combine.
- Cover it with the lid and cook it till the cooker releases 1 whistle or till the sprouts are well cooked.
- Adjust the consistency of water if required.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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