Dinner, Indian

Chilli Garlic Millet Bowl with Kidney Beans

Fluffy millet is tossed with a pounded garlic and chilli paste, colourful capsicum, spring onions and kidney beans, then finished with a scatter of spring onion greens.



Dairy free

20 min	240	41.6 g	1.8 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1/2 cup kodri (varagu)
- [ ] 2 to 3 chopped garlic (lehsun) , peeled and roughly chopped
- [ ] 2 tsp dry red chilli flakes (paprika)
- [ ] 2 tsp oil
- [ ] 1/2 cup finely chopped spring onions
- [ ] 1/2 cup chopped capsicum (red , yellow and green)
- [ ] 1/2 cup boiled rajma (kidney beans)
- [ ] salt (namak) to taste
- [ ] 2 tbsp finely chopped spring onion greens for the garnish

Method

- [ ] **1** Clean, wash and soak the kodri for 5 to 7 minutes, then drain and keep aside.
- [ ] **2** Bring a pot of water to the boil, add the kodri with half a tsp of the oil and simmer for 10 to 12 minutes until the kodri is cooked.
- [ ] **3** Drain the cooked kodri, refresh it under cold water and keep aside.
- [ ] **4** Pound the garlic and dry red chilli flakes together in a mortar and pestle until smooth and keep aside.
- [ ] **5** Heat the remaining oil in a nonstick kadhai, add the garlic and chilli paste and sauté for a minute, stirring continuously.
- [ ] **6** Add the spring onions and capsicum and sauté for 2 to 3 minutes.
- [ ] **7** Add the boiled rajma and salt, mix well and cook for a minute.
- [ ] **8** Add the cooked kodri, mix well and cook for another 2 to 3 minutes, stirring continuously.
- [ ] **9** Serve hot with a garnish of the 2 tbsp finely chopped spring onion greens.

Nutrition Facts

Per serving

Calories	**240**
Total fat	3.9 g
Saturated fat	Not listed
Sodium	Not listed
Total carbs	41.6 g
Fiber	Not listed
Total sugars	1.8 g
Protein	10.5 g

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