Dinner, Indian

Dry Sprouted Matki Sabzi

Soft boiled sprouted matki are greeted by a lively tempering of mustard seeds and asafoetida in this homestyle dry sabzi. Red chilli powder, haldi powder and dhaniya powder bring everyday warmth, a pinch of sugar rounds out the flavours, and a final squeeze of lemon juice keeps everything bright. It comes together in minutes and sits happily beside a stack of hot phulkas.



Vegan | Dairy free

18 min	103	12.8 g	12.3 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 3 cups boiled sprouted matki (moath beans)
- [ ] 2 tsp oil
- [ ] 1 tsp mustard seeds (rai / sarson)
- [ ] 1/4 tsp asafoetida (hing)
- [ ] 1 1/2 tsp red chilli powder
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] 2 tsp dhaniya powder (coriander powder)
- [ ] salt (namak) to taste, restricted salt for health
- [ ] 1 tsp sugar
- [ ] 2 tbsp finely chopped coriander (dhania)
- [ ] 1 tsp lemon juice
- [ ] None

Method

- [ ] **1** Place a deep non-stick pan over a medium flame and warm the oil, then tip in the mustard seeds and asafoetida and sauté for a few seconds.
- [ ] **2** Add the boiled sprouted matki, red chilli powder, haldi powder, dhaniya powder, salt and sugar, stirring so everything combines well.
- [ ] **3** Let the sabzi cook on a medium flame for 2 minutes, giving it an occasional stir so none of the sprouts catch at the base.
- [ ] **4** Fold in the finely chopped coriander and mix well.
- [ ] **5** Switch off the flame, squeeze in the lemon juice and give it one final stir.
- [ ] **6** Serve the sabzi hot with phulkas.

Nutrition Facts

Per serving

Calories	**103**
Total fat	3.7 g
Saturated fat	Not listed
Sodium	9 mg
Total carbs	12.8 g
Fiber	4 g
Total sugars	12.3 g
Protein	4.8 g

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