Lunch, Indian

Spicy Mixed Sprouts Sandwich

Toasted whole wheat bread slices are stacked with a peppery mixed sprout filling cooked with tomatoes, capsicum and pav bhaji masala, then layered with crisp onion rings. A warm, satisfying sandwich with plenty of spice in every bite.



Vegetarian

30 min	216	42.3 g	13.1 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 12 toasted whole wheat bread slices
- [ ] 12 onion rings
- [ ] 2 1/2 tsp low-fat butter
- [ ] 1 cup boiled mixed sprouts (moong , matki , chana etc)
- [ ] 2 tsp oil
- [ ] 1/2 cup finely chopped onion
- [ ] 1/4 cup finely chopped capsicum
- [ ] 1 tsp garlic (lehsun) paste
- [ ] 1 tsp ginger (adrak) paste
- [ ] 1 tsp finely chopped green chillies
- [ ] 2 tsp pav bhaji masala
- [ ] 2 tsp coriander-cumin seeds (dhania-jeera) powder
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] 1/2 tsp black salt (sanchal)
- [ ] 3/4 cup finely chopped tomato
- [ ] salt (namak) to taste

Nutrition Facts

Per serving

Calories	**216**
Total fat	4.1 g
Saturated fat	Not listed
Sodium	Not listed
Total carbs	42.3 g
Fiber	Not listed
Total sugars	13.1 g
Protein	6.8 g

Method

- [ ] 1 Warm the oil in a wide non-stick pan over a medium flame and saute the finely chopped onion for 1 to 2 minutes until translucent.
- [ ] 2 Stir in the capsicum, garlic paste, ginger paste, green chillies, pav bhaji masala, coriander-cumin seeds powder, turmeric powder and black salt, and cook on a medium flame for 30 seconds.
- [ ] 3 Tip in the finely chopped tomato, add salt to taste along with 2 tbsp of water, and cook on a medium flame for 2 minutes, stirring now and then.
- [ ] 4 Fold in the boiled mixed sprouts and cook on a medium flame for 2 minutes.
- [ ] 5 Splash in 1 tbsp of water, stir well, and mash the mixture lightly with a masher.
- [ ] 6 Divide the sprouts mixture into 6 equal portions and set them aside.
- [ ] 7 Spread a little low-fat butter over each of the toasted whole wheat bread slices and keep them aside.
- [ ] 8 Lay a bread slice on a clean dry surface with the buttered side facing upwards.
- [ ] 9 Spoon a portion of the sprouts mixture over it, arrange 2 onion rings on top, and cover it with another buttered bread slice, buttered side facing downwards.
- [ ] 10 Repeat the layering with the remaining bread slices, sprouts mixture and onion rings to build all 6 sandwiches.
- [ ] 11 Serve the sandwiches immediately.

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