

Matki Usal

by Bhaktivedanta Hospital - Diet Dept.



"Krishna is very kind.
Therefore, He has given us
his remnants of food stuff"

HARE KRISHNA HARE KRISHNA HARE RAMA HARE RAMA HARE RAMA HARE RAMA HARE HARE

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- Ingredients :**
- Sprouted Matki..... $\frac{1}{2}$ katori
 - Tomato puree.....2 tbsp.
 - Oil1 tsp.
 - Mustard seeds..... $\frac{1}{4}$ tsp.
 - Cumin seeds (Jeera)..... $\frac{1}{4}$ tsp.
 - Ginger..... $\frac{1}{4}$ " piece
 - Curry leaves Few
 - Turmeric (Haldi)..... $\frac{1}{4}$ tsp.
 - Asafoetida (Hing).....A pinch
 - Chilli powder..... $\frac{1}{2}$ tsp.
 - Dhania powder..... $\frac{1}{2}$ tsp
 - Goda masala..... $\frac{1}{2}$ tsp.
 - Jaggery and salt.....To taste

- Preparation :**
1. Soak matki over night and sprout .
 2. Pressure cook it.
 3. Heat oil in pan. Add mustard seeds, jeera, hing, haldi, ginger and curry leaves.
 4. Add chilli powder, dhana jeera powder.
 5. Add tomato puree and stir fry till oil separates..
 6. Add pressured cooked matki and water. Bring to boil.
 7. Add salt, goda masala. Add little jaggery if required.
 8. Garnish with coconut and finely chopped coriander leaves.

Serving	Energy (kcal)	CHOs (gm)	Protein (gm)	Fat (gm)
1	93	9.4	4.4	3

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